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THE SKY'S THE LIMIT
COMMITTING TO HEALTHY LIVING {page 30}

BUZZING
CELEBS JOIN MALARIA FIGHT SCENE {page 23}

TORONTO metro®
Tuesday, October 19, 2010
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NATHAN DENETTE/THE CANADIAN PRESS

▶ Col. Russell Williams, former commander of CFB Trenton, Canada's largest military base, leaves court in Belleville, Ont., yesterday. For the latest developments, and more on yesterday's court proceedings, visit metronews.ca.

Colonel taped murder

Williams is entitled to a military pension despite pleading guilty to murders ◐ Military said it's working as 'quickly as possible' to remove him from its ranks

Col. Russell Williams didn't just take thousands of pornographic pictures during his 82 break-ins — he videotaped the actual murder of at least one of his victims.

The Crown confirmed in court yesterday that both murder victims, Marie-France Comeau, 38, and Jessica Lloyd, 27, were videotaped by Williams.

In Comeau's case, her actual murder is on tape.

It is unclear how the court will handle the videotapes when they are presented as evidence, likely today. In the case of schoolgirl killer Paul Bernardo, the videotaped evidence of teen victims being attacked and tortured was heard by the public, but not seen.

The murders, last November and January, followed an increasingly obsessive and predatory pattern that started with 26 months of break-ins in Tweed, Belleville, and Ottawa, and two sexual assaults.

Williams's photographic record of the first of those assaults, against a woman known only as Jane Doe on Sept, 17, 2009, ended yesterday's hearing.

Through the day, the Crown steadily flashed up increasingly grotesque images taken by Williams to show the "escalation of aggression" of the break-ins, leading up to first sexual assault against Jane Doe. During the break-ins, he stole lingerie after methodically recording a pattern of sexual perversity in each home.

TORSTAR NEWS SERVICE

'So, so rare'

Those disgusted and horrified by the grotesque crimes of Col. Russell Williams should take some comfort in the fact that his case is extremely rare, experts said yesterday.

"It's just so, so rare, which is what makes us all so interested in this case," said Marnie Rice, a psychiatry professor at McMaster University. "I would really hope that women wouldn't be terrified that there are people like him wandering around."

THE CANADIAN PRESS

Smitherman eyes new votes

'Furious George' looks to win over Pantalone backers {page 4}

Self-employed? Make it work

Alison Griffiths's tips for those working for themselves {page 39}

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1712A Queen Street East
290 Queen Street West
1448 Queen Street West
222 Spadina Avenue, Unit 3A
363 Yonge Street
2300 Yonge Street, Unit S22, concourse level
5150 Yonge Street, Unit G3
6064 Yonge Street
Bridlewood Mall
Cedarbrae Mall
College Park
Dufferin Mall
East York Town Centre
Fairview Mall
First Canadian Place
Gerrard Square
Lawrence Square
Parkway Mall
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Person in custody after Ajax school lockdowns

Lockdowns at two Ajax schools have been lifted and a person is in custody following reports of an "armed person" within one of the schools, police say.

Shortly before 1 p.m. yesterday, police were called to Notre Dame Catholic Secondary School after reports of a person with a weapon, Sgt. Nancy van Rooy of Durham Police told CP24.

She said there are no reports of injuries and that she was unaware of whether the person was a student or not.

J. Clarke Richardson Collegiate, located beside Notre Dame, was also placed under a precautionary lockdown, police said.

Joshua Santos was in biology class at Notre Dame at about 1:15 p.m. when his teacher announced the lockdown.

"I started texting my friends to try and see what had happened," said Santos, 17.

Melissa Vincent, 15, said teachers gave no reason for the lockdown.

"It was scary, not knowing what was going on," she said.

The Durham District School Board's website says the public school's regular dismissal at 2:45 p.m. and school buses had been delayed.

The school "went into a lockdown due to a perceived threat in the adjacent Notre Dame Secondary School," said the website.

TORSTAR NEWS SERVICE

For more news, visit us online at metronews.ca/local

Kardashian. Ultimate Engagement Ring

▶ Reality TV star Kim Kardashian models the Ultimate Engagement Ring, a 22-carat diamond ring by Michael Hill Jeweller, at Pravda last night. Couples can compete for the ring by signing up at my22ct.com.

JOHN R. KENNEDY/FOR METRO TORONTO

Ready to say 'I do'? Then this rock can be yours

Marginal drop in hydro rates

More than 4M smart meters have been installed in Ontario homes, but fewer than 1M have switched over to time-of-use pricing: Energy minister

Most electricity rates in Ontario will go down marginally for the winter months, except for mid-peak prices which will rise slightly, but the winter schedule also means more on-peak hours with maximum rates every morning and afternoon.

The Ontario Energy Board announced yesterday that the electricity price would drop from 5.3 cents per kilowatt hour to 5.1 cents starting Nov. 1 for off-peak hours, from 9 p.m. to 7 a.m. Monday to Friday and all day weekends and holidays.

Premier Dalton McGuinty admitted last month that there was not enough of a price difference between the peak rate of 9.9 cents per kilowatt hour and the old off-peak rate of 5.3 cents to encourage people to change their behaviour. THE CANADIAN PRESS

New rates, hours

- The OEB announced the mid-peak rate will rise from eight to 8.1 cents per kWh, and there will be two fewer hours of that rate each day as mid-peak switches to 11 a.m. until 5 p.m. daily.
- The on-peak rate will remain at 9.9 cents per kilowatt hour and on-peak hours expand to eight hours a day from six, and run from 7 a.m. to 11 a.m. and from 5 p.m. to 9 p.m. weekdays.
- People still on tiered pricing will see electricity prices drop by 0.1 cents per kilowatt hour to 6.4 cents for the first 1,000 kWh used each month during the winter, and 7.4 cents for every kWh above that threshold.

1 news

News on the move

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Allan Small explores the benefits of 'fallen angel' investments at metronews.ca/investing

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MAYORAL RACE

Holyday gives Ford his support

At the Etobicoke Civic Centre, Coun. Doug Holyday (Ward 3, Etobicoke Centre) told reporters: "The only direction for this city to take is to follow Rob Ford."

Holyday, who in the past has expressed reservations with Ford's platform, said: "I wouldn't agree with everything anyone put forward. I think Rob and I are fiscal conservatives. We both agree there's a spending problem down there."

Ford, meanwhile, brushed off suggestions his campaign had stalled. He compared Smitherman's endorsements unfavourably to his. "Look at my team," he said, listing councillors Holyday, Mike Del Grande and Frances Nunziata.

"We have three fiscally responsible councillors that have experience compared to ... tax and spend, tax and spend, tax and spend. I'd put my line-up against theirs any day." TORSTAR NEWS SERVICE

Rocking the vote in Uxbridge

Uxbridgians do it more than anyone else. Many never miss an opportunity. Some even get excited about it.

"I like to be a good example to my kids," explains Jo Erickson.

"You're not a good citizen if you don't vote."

And vote they do, in the town an hour northeast of Toronto. Uxbridge holds top bragging rights to the ballot box, with 49.9 per cent of eligible electors casting votes in the 2006 municipal poll. That's more than double the dismal 23 per cent in Ajax, the lowest turnout in Durham Region.

39% Toronto drew 39 per cent of eligible voters in 2006, which was also the overall rate for Ontario.

Citizens take the political process seriously.

"They're spending my money," lifelong voter Norma Scott says of the mayor and six-member council.

The great-grandmother of three reflects on the bigger political picture: "We have a great country. Look at countries that are fighting for democracy and the privilege of voting."

TORSTAR NEWS SERVICE

Smitherman hunts Pantalone's voters

ANDREW WALLACE/TORSTAR NEWS SERVICE

▶ George Smitherman's mayoral campaign is working hard to steal Joe Pantalone's support — and woo undecided voters — because virtually nobody inside the race expects Pantalone to drop out to help keep Rob Ford out of office.

Almost half of early Smitherman backers there to defeat Ford: Poll

On a busy U of T sidewalk, Julie Chamberlain asks George Smitherman the question that, polls say, will decide if he becomes Toronto's next mayor: "Why should I vote for you instead of Joe Pantalone?"

Smitherman, glad-handing at the downtown campus, makes his pitch.

He says Pantalone is the "status quo," while he represents "progress" on job creation, the environment and — Chamberlain is a cyclist — bike lanes.

The 32-year-old grad student walks away impressed but unsure. Her natural choice, the left-leaning deputy mayor Pantalone, is a distant third in the polls. Smitherman, a former Ontario Liberal cabinet minister, is tied for the lead with arch-conservative Rob Ford.

"I actually think that if I could comfortably vote for Smitherman I probably would do it," she says, adding that she plans to read his platform. "It's not the driving force in my vote, but I don't want Ford to be our mayor."

"We have to show that, really, the difference between Mr. Ford and Mr. Smitherman is not as much as they think it is, and they should be ... voting for the best hope rather than their least fear."
JOE PANTALONE

A Tornto Star-Citytv poll released yesterday revealed, one week before the election, that half of Pantalone's 16 per cent of decided voters would consider moving their support, and most would go to Smitherman.

With the same poll showing he is in a dead heat with a momentum-losing Ford, Smitherman and his team are on a feverish hunt for Pantalone supporters to convert, targeting "places where there is a density of progressive voters."

TORSTAR NEWS SERVICE

Ford's funding claim gets smell test

Claim: Rob Ford said that 80 per cent of the city's $50 million in annual grants are given to downtown wards.

Background: During an interview, Ford said: "People in Etobicoke, Scarborough and North York have felt left out. Just to take one example, look at the $50 million-a-year grant money — $40 million goes to downtown. Everything has been catered to downtown wards."

Smell test: There have been historical inequities in terms of which parts of the city received the most grant money. However, none of Ford's math adds up.

In 2009, the city's grant budget was about $46 million (this year's budget is similar). Of that, $27 million went to programs that offer city-wide services.

The bulk of the outstanding money went to neighbourhood-based initiatives across the city, such as Art City in St. James Town, or Etobicoke Services for Seniors in Ford's own ward.

Even if one focuses on where each grant recipient's headquarters is located, the $40 million figure remains an exaggeration.

Verdict: Foul.

TORSTAR NEWS SERVICE

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CBC news

News in brief

▶ Dwight Duncan

Clarity needed for pension reform: Duncan

QUEEN'S PARK. Ontario's finance minister says federal and provincial governments need to lay their cards on the table if talks on pension reform are to go anywhere.

Dwight Duncan says he will be releasing a paper clarifying Ontario's position, in hopes of prompting other provinces to do the same and give federal-provincial talks momentum.

THE CANADIAN PRESS

Three hurt in two collisions

ROADS. Two collisions in Toronto yesterday have left two girls and a woman injured.

Around 9 a.m., two teenage girls were struck by a vehicle near Victoria Park Avenue and Rowena Drive, said Const. Tony Vella.

One has a severe leg injury and the other has a head injury, he said.

Then, around 9:30 a.m., a woman was hit by a TTC bus near Bloor Street West and Armadale Avenue, Vella said.

TORSTAR NEWS SERVICE

Derailment disrupts Via

CORNWALL. A CN freight train derailed near Cornwall yesterday, which has affected Via Rail service from Toronto to Montreal. Via passenger trains travelling between Toronto and Montreal were rerouted through Ottawa.

A Via Rail spokesperson said the rerouting adds about two hours each way.

TORSTAR NEWS SERVICE

Sowing the Seed of a new life

The Mustard Seed serves as a life-skills program aimed at disadvantaged Torontonians ◐ Rwandan refugee finds peace with centre's sewing sessions

CARLOS OSORIO/TORSTAR NEWS SERVICE

▶ Sister Barbara Grozelle, left, helps Heidi Saric with a jacket as Janet Mukagatsinzi looks on at The Mustard Seed.

Sewing machines whir while hands make magic with fabric and a gentle buzz of conversation wraps around the room.

It's a long way from the horrors of Rwanda, this cheerful little sewing room in the basement of The Mustard Seed, an outreach life-skills centre in Riverdale.

It's been an integral part of a long healing process for Janet Mukagatsinzi, 53, a Rwandan Tutsi refugee who had to leave five children behind when she came to Canada alone in 2002, after losing many members of her family in the genocide of the civil war. A Hutu friend, says Mukagatsinzi, recommended Canada as a place where she "might find peace. To be in Rwanda was to be ... disaster. I felt crazy, sometimes I wish to die."

For a long time she lived in a women's shelter and took English language courses. Early on, the shelter referred her to The Mustard Seed, which offers free drop-in activities, a clothing bank and programs such as computer training, foot care, crafts, conversation and games. It also serves up about 100 meals every week, to anyone in need.

The Mustard Seed's director, Sister Gwen Smith, recalls that when Mukagatsinzi first arrived, she was very quiet and still recovering emotionally from her ordeal in Rwanda.

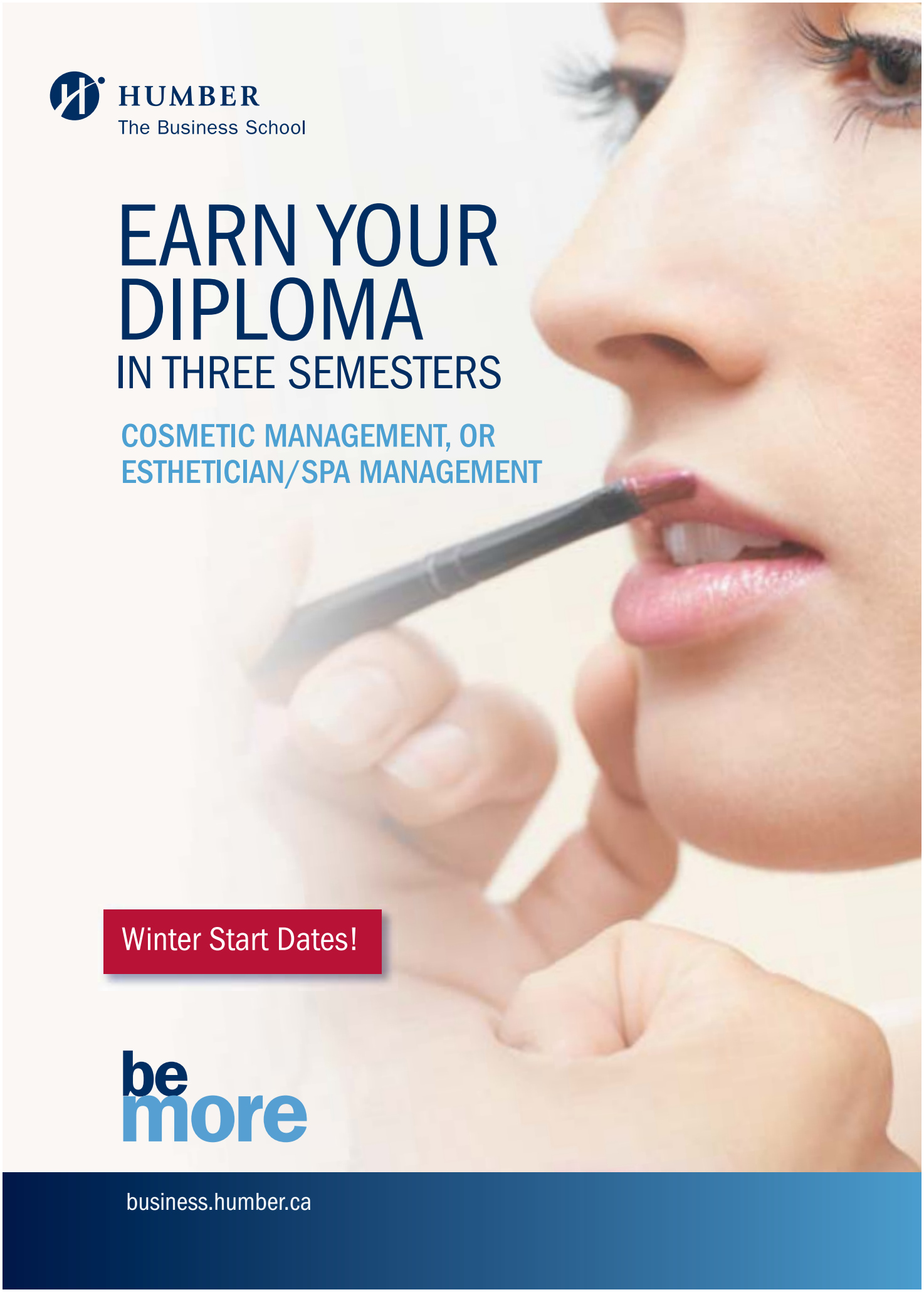
"She didn't speak much English," said Smith, who's 80 but bustles around the roomy centre, once a grocery store, with the energy of someone 30 years younger.

Though she hadn't sewn before, Mukagatsinzi started coming to sessions run by the cheerful Sister Barbara Grozelle.

Grozelle chimes in on Mukagatsinzi, "The day after her kids arrive she finds out she has cancer and has to go into the hospital. Her poor kids have to learn how to navigate the TTC in one day to get to the hospital!"

Mukagatsinzi had chemotherapy and radiation and is now considered cancer-free.

TORSTAR NEWS SERVICE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Advertisers obtaining users' data: Report

The Wall Street Journal reported data is transmitted to advertising and Internet tracking companies

NICHOLAS KAMM/GETTY IMAGES

▶ A Facebook engineer said in a blog post the leaks were not intentional, but a result of basic web mechanisms.

The Wall Street Journal reported yesterday that several popular Facebook applications have been transmitting users' personal identifying information to dozens of advertising and Internet tracking companies.

Facebook said it is working to fix the problem, and was quick to point out that the leaks were not intentional, but a consequence of basic Web mechanisms.

At issue are user IDs, the unique identifier tied to every person on Facebook. These IDs can be used to find users' names, gender and any information they've made visible to "everyone"on the Internet through privacy settings.

"...Their entire friends lists, their likes, their biographical information," said Marc Rotenberg, executive director of the Washington-based Electronic Privacy Information Center. "Facebook gets access to it and now it's leaking out to advertisers."

The Journal said these IDs could be included in the "referers" that websites send to other sites to tell them where the user came from. Normally, these wouldn't tell the sites who these users are. But that becomes possible when the referers include a social network ID.

In one case, these IDs were then embedded in a "cookie," which tracks users as they navigate the web, by an online data collection company, the Journal said. That meant that Facebook users' names and browsing habits could be linked up.

The company, RapLeaf, said this did not happen intentionally and it has since fixed the problem.

"As of last week, no Facebook IDs are being transmitted to ad networks in conjunction with the use of any Rapleaf service," the company said.

THE ASSOCIATED PRESS

Privacy fiasco

- A senior staffer for the digital rights group Electronic Frontier Foundation said, "The problem is that ad companies can know who you are at all."
- The executive director of the Electronic Privacy Information Center said, "Facebook has been assuring users for a very long time that their personal information will not be available to advertisers."

Mom's the word

▶ Seventeen-year-old Mariyah Pilon and her son, Liam, attend the June Callwood Centre for Women and Families.

COLIN MCCONNELL/TORSTAR NEWS SERVICE

Centre combines learning, care

The June Callwood Centre for Women and Families has been awarded $50,000 from the Atkinson Foundation for helping young mothers be the best parents they can be. About a dozen young mothers and pregnant teens study at the centre, with the benefit of in-house child care. Pilon says the nursery is more than a daycare — it's a second home where she can draw support from others.

Cracking down on Craigslist

The Ontario government will meet with Craigslist to talk about prostitution ads the province wants removed from the online service, but the opposition wants to know why the province isn't taking a harder line with the American-based company.

Three Ontario cabinet ministers signed a Sept. 14 letter to Craigslist CEO Jim Buckmaster asking him to shut down links to prostitution-related ads in the province, and Manitoba last week announced it was following Ontario's lead.

The requests from the provinces follow similar requests from attorneys general in several U.S. states who eventually persuaded Craigslist to remove the prostitution ads from its American sites.

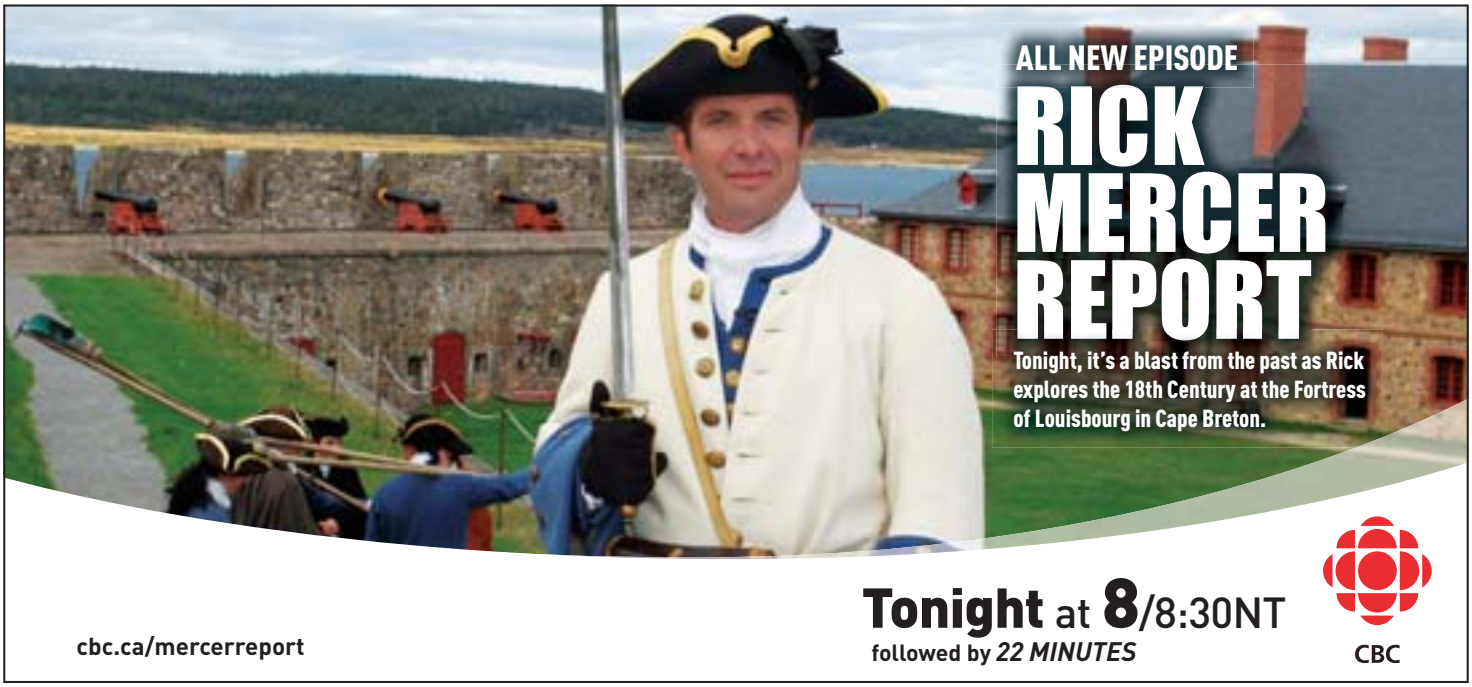
However, instead of removing the ads in Ontario, Craigslist asked to meet with provincial officials to discuss the situation, said Ontario Children's Services Minister Laurel Broten.

THE CANADIAN PRESS

Prostitution

The Tories and New Democrats said if American states could persuade Craigslist to drop the prostitution ads, then Ontario should be able to do the same.

- More than a month after Ontario requested to have the ads removed, there are still hundreds of ads posted on Craigslist every day for prostitutes in Canada.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Screaming — the universal language

PQ says Charest should have used notwithstanding clause to ignore Supreme Court's language-law ruling

Debate on new language legislation provoked a memorable screaming outburst in the Quebec legislature yesterday.

The Charest government is invoking closure to pass a language law that — in attempting to find a middle-ground solution in a language dispute — pleases few people.

The legislation comes a year after the Supreme Court of Canada struck down one of Quebec's laws but the new bill is generating little enthusiasm on either side of the debate.

Few were more upset than Parti Quebecois

JACQUES BOISSINOT/THE CANADIAN PRESS

▶ Pauline Marois

Leader Pauline Marois.

During yesterday's debate she shouted at the premier in tones reminiscent of the famous battle cry of U.S. politician Howard Dean.

She screamed, "This little francophone people ... We're small in number. We're two per cent! We're two per cent in North America!"

Premier Jean Charest shot back calmly that he was the premier of a great people — and that he finds himself in front of an increasingly radical opposition.

The new law will allow immigrant families to apply to send their kids to English public school — if they first spend three years in an expensive, unsubsidized English private school.

THE CANADIAN PRESS

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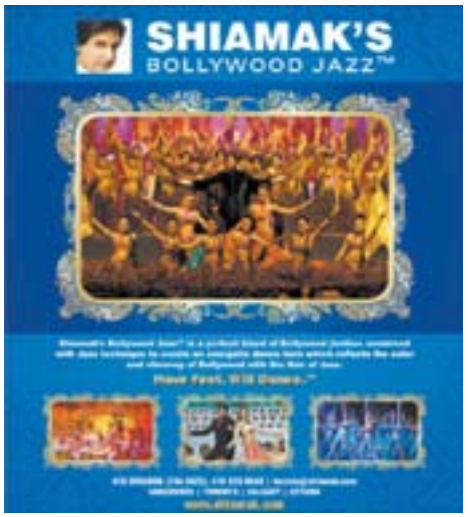

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Iran takes part in Afghan talks

Iran took part in a high-level meeting on Afghanistan yesterday after the United States said it has no problem with its participation.

The international "contact group" met in Rome amid a renewed push to end the nine-year-old war in Afghanistan, including bringing the Taliban into peace talks. The group gathers the Afghan government, NATO, the EU, UN and other key players.

Representatives attending the talks said Iran was invited as part of efforts to have a comprehensive approach and include regional players in the discussions over the future of Afghanistan.

THE ASSOCIATED PRESS

Iranian asylum seekers go on hunger strike in Greece. Scan code to read this story.

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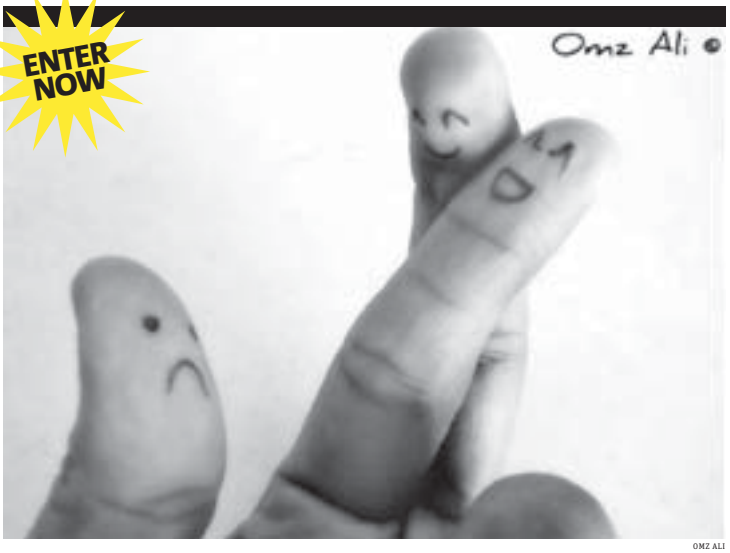

OMZ ALI

True Love match

Today's photo of the day is by Canadian Omz Ali and was submitted in the Emotions category. The photo is titled: The True Love. Enter your photos today and view more pictures at metrophotochallenge.ca.

metro PHOTO CHALLENGE

B.C. corruption trial ends with guilty pleas

The political corruption trial of three former B.C. government employees has come to a sudden end.

Former political aides Dave Basi and Bobby Virk have pleaded guilty to four counts linked to breach of trust and accepting rewards or benefits.

Charges have been stayed against Basi's cousin, Aneal Basi, who was accused of money laundering.

THE CANADIAN PRESS

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The common sense cookie jar.

Paying yourself first is a smart way to save for any emergency

Maria Contreras
RBC Royal Bank® Product Manager, Savings Accounts

If your family was like mine growing up, your mom and dad had a cookie jar or shoe box with bills and coins saved up for a rainy day.

Nowadays we may call it an emergency fund and keep the money in a bank account but the principle is the same – funds we can draw on when the unforeseen happens – like a car breaking down or a fridge on the fritz.

But the reality is, while nearly half of Canadians aim to save for an emergency, only one-third are diligent about it and make regular contributions to a savings account.†

For the rest of us, the challenge isn't a desire to save – it's simply finding a disciplined and regular approach to do it.

You always come first. The key, it turns out, is paying yourself first.

Because the truth is there'll always be something else to do with money that's lying around. So the trick is to never let it lie around in the first place!

Start by setting up a separate, dedicated savings account with automatic online transfers from your paycheque – that way you'll always put aside the funds you need to help reach your emergency fund goal.

And how do you decide on an appropriate rainy day goal? Most financial experts recommend that you set aside about three months' salary. That's a big chunk of change and will likely take some time to accumulate but that's okay – don't be deterred. Start small with $10 or $25 automatically transferred into your emergency fund every week and as the months go by, $25 will become $50 then $100 and in a year or so you could have $1,000 or more saved up – you'll be amazed how quickly it adds up!

YOUR EMERGENCY FUND 1-2-3

1. **Open a dedicated savings account:** And remember to set up automatic online transfers to pay yourself first, right after payday.
2. **Set your goal and a timeline:** Saving three months' salary is ideal for the long term. How long it takes and how much you save each paycheque is your call.
3. **How much are you spending and where can you save?** Have a look at your budget over two or three months and look for patterns. Once you find one or two, adjust your spending habits to reach your goal sooner.

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Pentagon asks media to ignore leaked war files

Some news outlets previously omitted sensitive material in covering July leak of Afghan war documents

The Pentagon asked media organizations yesterday not to publish classified war files released by the WikiLeaks website, as the United States braces for the potential disclosure of hundreds of thousands of secret Iraq war documents.

In July, WikiLeaks obtained and released nearly 77,000 classified military reports from Afghanistan. Now, the Pentagon says the group has as many as 400,000 documents from a military database on operations in Iraq.

WikiLeaks editor-in-chief Julian Assange yesterday played down expectations that a leak was imminent.

77K
The group in July gained international attention when it co-ordinated its release of the 77,000 Afghan war logs with The New York Times, The Guardian in London and the German magazine Der Spiegel.

In a Twitter post, Assange said information was coming from "a single tabloid blog" that had put out a "tremendous amount" of false information about his site.

Still, the military says a 120-person task force has been on high alert. The group has been reviewing the documents for weeks to determine what information might be compromised.

Marine Corps Col. Dave Lapan, a Pentagon spokesman, told reporters the military is not sure if WikiLeaks has shared the Iraq war logs with any news organizations. But, he said, media should not disseminate the "stolen" information even if it already is posted online by WikiLeaks.

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▶ Anti-Japan protesters march with cards calling for a boycott of Japanese products in Wuhan, China yesterday.

China allows rowdy protests

Beijing has demanded an apology from Tokyo over Japan's detention of a Chinese fishing boat captain

Chinese authorities have allowed rowdy anti-Japanese demonstrations in several cities to defuse simmering public anger over a territorial dispute with Japan and to prevent the frustrations from being turned against the Chinese regime itself, analysts said yesterday.

Thousands of Chinese joined in sometimes violent protests Saturday, hoisting signs protesting Japan's claim on what China calls the Diaoyu islands. Japan calls them the Senkaku islands.

Yesterday, dozens of young men scuffled with police who were trying to contain protesters in the central Chinese city of Wuhan, news photographs showed. Hundreds of youth — mostly young men — marched with flags and signs, some of which called for a boycott of Japanese goods.

Japanese Prime Minister Naoto Kan said yesterday that the protests were "regrettable." He said Japan asked China to ensure the safety and security of Japanese citizens.

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Cross burning in N.S.

Nova Scotia man on trial for racial hatred Cross burned on lawn of interracial couple Community rallied to support family afterwards

A Nova Scotia man charged after a cross was burned earlier this year on the lawn of an interracial couple has pleaded guilty to criminal harassment.

But Justin Rehberg did go on trial yesterday on another charge: Inciting racial hatred.

Two other charges — uttering threats and mischief — were dropped before provincial court Judge Claudine MacDonald heard arguments from the Crown and defence on an agreed statement of facts.

Shayne Howe, who is black, and Michelle Lyon, who is white, said they awoke early in the predawn darkness of Feb. 21 to find a two-metre cross burning in front of their rural home in Poplar Grove.

They said the cross had a noose attached.

THE CANADIAN PRESS

ANDREW VAUGHAN/THE CANADIAN PRESS

▶ Justin Rehberg is accompanied by family and friends as he arrives at provincial court in Windsor, N.S. yesterday

Federal scientists criticize govt. policy

The union representing federal scientists says "confusing policy decisions" highlight the need for evidence-based decision-making in Ottawa.

The Professional Institute of the Public Service of Canada has launched a campaign to raise public awareness of the work done by government science researchers.

Union president Gary Corbett says the Harper government's controversial decision to scrap the mandatory long-form census is an example of a long-term trend in devaluing government-funded research.

Corbett says program review and departmental budget pressures are putting the squeeze on federal scientists who are also muzzled by a restrictive communications policy from sharing their research with the public.

He likens government policy-making to a three-legged stool and says the science leg has been getting shorter, destabilizing the whole enterprise.

"Our point is you need to have strong science to make good, informed decisions, or evidence-based decision-making," Corbett said in an interview.

"We feel that's been degraded over a number of years."

THE CANADIAN PRES

Trial. Amsterdam

▶ Dutch anti-Islam politician Geert Wilders inside the court room in Amsterdam, Netherlands, yesterday.

MARCEL ANTONISSE/THE ASSOCIATED PRESS

Dutch politician's trial seen as testing the limits of free speech

Muslim witnesses said yesterday that a Dutch lawmaker's anti-Islamic comments had led to attacks and intimidation, and they pleaded with judges to convict him and give him a symbolic fine of one euro. Geert Wilders is facing charges of inciting hatred and discrimination against Muslims for statements that include comparing Islam with Nazism and calling for banning the Qur'an and taxing Muslim scarves, which he calls "head rags."

Terror plotters convicted

Paid informant helped to snare plotters by acting as terror operative

Four men snared last year in an FBI sting were convicted yesterday of plotting to blow up New York City synagogues and shoot down military planes with the help of a paid informant who convinced them he was a terror operative.

The sting never put New Yorkers at risk. But the defendants "thought this was real — real bombs, real missiles — every step of the way," Assistant U.S. Attorney David Raskin said during closing arguments.

"Ordinary people wouldn't even dream of what these defendants did."
DAVID RASKIN, ASSISTANT U.S. ATTORNEY

A jury in federal court in Manhattan deliberated eight days before finding alleged mastermind James Cromitie and three co-defendants guilty of charges including conspiracy to use weapons of mass destruction and conspiracy to acquire and use anti-aircraft missiles to kill U.S. officers and employees.

The FBI assigned undercover informant Shahed Hussain in 2008 to infiltrate a mosque in Newburgh. After meeting Cromitie, he told him he was a representative of a Pakistani terror organization that was eager to finance a holy war on U.S. soil. THE ASSOCIATED PRESS

ROBERT MECEA/THE ASSOCIATED PRESS

▶ James Cromitie

al-Qaida. Alert

▶ Soldiers patrol the Eiffel Tower in Paris, yesterday.

JACQUES BRINON/THE ASSOCIATED PRESS

Terror threat, Saudis warn

French Interior Minister Brice Hortefeux said Sunday that France has received new warnings of a terror threat in Europe, "notably France," from Saudi intelligence services.

France's oil workers continue to strike

French oil workers defied the government's demand yesterday to get back to work and end fuel shortages, stepping up the fight against President Nicolas Sarkozy's retirement reforms. Youths and truckers joined in, facing off against riot police and creating chaos on the roads.

The strike by oil workers has been the most disruptive tactic yet — and in response, the Interior Ministry opened a crisis co-ordination centre yesterday just to focus on the conflict. THE ASSOCIATED PRESS

60 Sarkozy plans to raise the retirement age to 62. Workers are angry because they consider retiring at 60 a pillar of France's hard-won social contract — and fear this is just the first step in eroding their often-envied quality of life.

Spending cuts

Critics say the government could find pensions savings elsewhere.

▶ Sarkozy's conservative government points out that 62 is among the lowest retirement ages in Europe, the French are living much longer and the pension system is losing money already.

†Odds of winning are approximately 1 in 5. All inquiries, if any, on the "odds of winning" are to be made to the licensee prior to the purchase of ticket(s). Only 230,000 tickets will be sold. Tickets are $100 each or 3 for $250. Ticket purchasers must be a minimum of 18 years of age. Tickets must be purchased in Ontario. The total value of all prizes is $9,364,295.14, inclusive of all taxes and freight. For a complete listing of the prize pool, the rules and regulations and the draw details, see our full brochure or visit our website at lottery.cancer.ca. Lottery Licence Number 3107.

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SECOND CUP

BULLIT MARQUEZ/THE ASSOCIATED PRESS

▶ Motorcyclists ride past a filling station toppled by typhoon Megi (local name Juan) yesterday at Cauayan, Isabela province in northeastern Philippines.

Strongest typhoon in 4 years rattles Philippines, Vietnam

China's National Meteorological Centre says the typhoon is expected to enter South China today ◐ The entire Isabela province lost power yesterday

The strongest cyclone in years to crash into the Philippines killed at least three people yesterday, leaving a wasteland of fallen trees and power poles and sending thousands scampering to safety in near-zero visibility. A retired general said bracing for the onslaught was like preparing for war.

Super typhoon Megi, blowing across the northern Philippines, was forecast next to head toward China and Vietnam, where recent floods unrelated to the storm have caused 30 deaths.

Yesterday, strong currents on Vietnam's flooded main highway swept away a bus and 20 of its passengers, including a boy pulled from his mother's grasp. In China, authorities evacuated 140,000 people from a coastal province ahead of the typhoon.

Megi packed sustained winds of 225 kilometres per hour and gusts of 260 km/h as it made landfall midday yesterday at Palanan Bay in Isabela province, felling trees and utility poles and cutting off power, phone and Internet services.

In Vietnam, officials say up to 800 millimetres of rain have pounded areas in just a few days, forcing 126,000 people to flee their homes. Earlier flooding this month left more than 80 people dead or missing.

Megi could add to the misery.

"People are exhausted," A Vietnamese disaster official said from Quang Binh province. "Many people have not even returned to their flooded homes from previous flooding, while many others who returned home several days ago were forced to be evacuated again."

THE ASSOCIATED PRESS

Casualties

- One man who had just rescued his water buffalo slipped and fell into a river and drowned in Cagayan province, near Isabela.
- A woman was pinned to death when a tamarind tree crushed her house and injured her child in Kalinga province.
- A security guard died after being struck by a pine tree in nearby Baguio city, officials said.

LUMBY, B.C.

RCMP investigate latrine heist

RCMP in the North Okanagan community of Lumby, about 450 kilometres east of Vancouver, have been tracking a purloined potty since it was stolen from a local lumber yard three weeks ago.

The build-it-yourself, log-sided loo, complete with porch and valued at $1,900, was sniffed out near Lumby last week.

But as Mounties moved in, a 53-year-old suspect, tried to flee in a pickup truck police believe was stolen from Metro Vancouver.

The man is preparing to appear in a Vernon, B.C., courtroom.

Officers are also investigating allegations ranging from theft of the pickup to possession of a stolen 10-metre holiday trailer and a November 2009 robbery in Kelowna.

THE CANADIAN PRESS

Tainted wine kills 14 in Cambodia

Fourteen people have died from drinking wine tainted with weed killer at a ceremony where the Cambodian villagers were appealing to spirits to protect children.

Twenty people still were hospitalized yesterday.

Police in the eastern province of Kampong Cham said the victims drank locally produced rice wine from a bottle that had previously contained toxic herbicide. They are still investigating but believe the poisoning was accidental.

Provincial police chief Nuon Samin said people felt weak soon after drinking the wine at the ceremony Saturday. Nine died soon after, and five more on Sunday and Monday, even though doctors rushed to the village.

The community is 120 kilometres east of the capital Phnom Penh.

THE ASSOCIATED PRESS

Energy. Halliburton's haul

▶ David J. Lesar, chief executive officer of Halliburton, said he expects the world to continue to expand its appetite for gasoline and other petroleum products. By 2012, global demand will exceed consumption records set in 2007, he said.

DAVE EINSEL/THE ASSOCIATED PRESS FILE PHOTO

Halliburton takes Gulf spill in stride

Halliburton Co. says its net income more than doubled to $544 million, or 60 cents per share, in the third quarter as higher natural gas drilling in the U.S. offset a slump in offshore drilling activity following the Gulf oil spill.

U.S. bank's surprising quarter drives TSX up

The Toronto stock market closed higher with financials taking the lead following a solid earnings report from American bank Citigroup.

The S&P/TSX composite index was 58.94 points higher at 12,668.01, held back by base metal companies despite rising copper prices. The TSX Venture Exchange gained 15.68 points to 1,838.21.

A day before the Bank of Canada delivers its next announcement on interest rates, a stronger U.S. currency helped push the Canadian dollar down 0.22 of a cent to 98.61 cents US. Economists widely expect the central bank to pause on raising rates following three increases this year that have brought the key rate up to one per cent.

The TSX financial sector was up 1.08 per cent as Citigroup Inc. reported its quarterly profit rose to $2.17 billion US as provisions for bad loans declined. Net income amounted to seven cents a share, which beat analysts' estimates by two cents, and Citigroup shares were up 22 cents at $4.17 US in New York.

"Certainly some good news out of the financials tends to be good news on both sides of the border," said Kate Warne, Canadian markets specialist at Edward Jones in St. Louis.

The base metals sector was the leading decliner, down 1.15 per cent following a string of strong gains even as the December copper contract on the Nymex rose two cents to $3.86 US a pound.

"I think we've seen some really strong moves recently so I would say in advance of earnings this week and with big moves in volatile sectors, it's not too surprising that you see pullbacks as people decide they need to rebalance," Warne said.

THE CANADIAN PRESS

Market moment

DOLLAR	TSX
– 0.22¢ (98.61¢ US)	+ 58.94 (12,668.01)
OIL	**Natural gas 1,000 cu ft** $3.431 (– 10.4¢) **Gold contracts** $1,372.10 (+ 10¢)
+ $1.83 US ($83.08 US)	

RBC sets sights on U.K. firm

BlueBay Asset Management is one of Europe's largest independent managers of bond funds

Royal Bank of Canada has made a bid to acquire British-based BlueBay Asset Management for more than $1.5 billion, the latest step in RBC's strategy of being one of the world's top wealth managers.

George Lewis, group head of RBC Wealth Management, told analysts yesterday that Canada's largest bank believes the wealth management segment will continue to grow faster than other parts of the global financial services industry.

"This acquisition will further leverage our position as a top 10 global wealth manager by broadening our product offering, expanding our footprint in international markets and improving our distribution capabilities, which will ensure that we continue to deliver the best asset management solutions to our clients," Lewis said in a conference call.

485

Under the terms of the acquisition, BlueBay shareholders will be entitled to 485 pence in cash for each BlueBay share, which is a premium of 29 per cent over the last closing price of BlueBay shares of 375.70 pence last Friday.

The agreement comes after Royal Bank announced last month it would expand its global wealth management business

Other Canadian banks and insurance companies are also eyeing their wealth management businesses abroad.

China's burgeoning middle class, for example, has attracted Bank of Montreal, Scotiabank, CIBC and Manulife Financial as well as Royal Bank.

The acquisition of BlueBay will be funded using RBC's existing cash resources, and is not expected to have a material impact on RBC's earnings per share in the near term.

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Bank of Canada is urged to hold the line

TONY BOCK/TORSTAR NEWS SERVICE

▶ Economists expect Bank of Canada governor Mark Carney, pictured, to take a break from three straight increases to the key lending rate.

But some economists say a rate hike would curb over-borrowing

The Bank of Canada is being urged to keep interest rates the same today as economists warn that another hike in borrowing costs could push the loonie higher, hurting exporters, and could also make it more costly for Canadians mired in rising debtloads.

"We believe the BoC will keep rates unchanged until next spring, although officials will not acknowledge this publicly," the Moodys bond rating agency said in a report yesterday.

"The U.S. picture has meanwhile grown more worrisome, with private sector hiring not strong enough to dent its near 10 per cent unemployment rate," said Moodys economist Jimmy Jean.

Shrinking inflation and consumer confidence levels, as well as downbeat employment data from September and a rising loonie all provide incentive to leave the bank's policy rate at one per cent when the Bank of Canada makes its next interest rate announcement today.

"Since the summer, Canada's domestic recovery has hit some speed bumps, inflation has been soft, and the unemployment rate has been stuck near eight per cent."

MOODYS ECONOMIST JIMMY JEAN

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PARTNERING UP AND PACKING ON POUNDS

She says ...

JESSICA NAPIER

The old cliché suggests that women who have been recently dumped will spend months moping on the couch devouring endless tubs of ice cream. In reality this is completely untrue.

Okay, the ice-cream depress-fest might happen for a day or two but then a post-breakup fitness regime takes over. Newly single ladies will often develop an unwavering enthusiasm for the treadmill in an effort to get back into fighting (flirting) form.

So while a breakup can be the catalyst for a renewed dedication to trim down, a fresh new romance will often have the opposite effect.

Coupling up inevitably results in a change in lifestyle. You stop attending those 9 a.m. exercise classes in favour of Sunday morning brunch dates with gluttonous plates of pancakes. All night dance-a-thons with single girlfriends are a distant memory as you become accustomed to spending lazy nights in, cozying up on the couch with your mate.

"In some ways, falling in love gives you licence to let yourself go."

And while your sex life might have improved significantly, these romantic romps can quickly turn into your only source of cardio as you settle down into relationship mode. In some ways, falling in love gives you licence to let yourself go.

For me, being in a relationship has meant that my eating habits have undergone a significant transformation. As a single girl living on my own, a simple salad or a bowl of cereal were perfectly satisfying dinner options. However, now that I'm part of a domestic duo I spend hours preparing homemade spaghetti bolognese and baking decadent apple pies with my live-in love. This late night feasting is delicious, but it's also very detrimental to the waistline.

In order to keep up with my ravenous roommate I allowed my caloric intake to skyrocket. The weight gain snuck up on me slowly but surely until it smacked me in the (newly plump) face.

My boyfriend, bless his heart, refuses to admit that I'm noticeably heavier than when we first met. Even as he watches me lunge around the living room, struggling into my jeans, he sincerely insists "I really haven't noticed any change ... are you sure you've gained weight?."

As much as I'd like to blame my enabling romantic partner I know that it's my own fault. I let myself get comfortable. Secure in the knowledge that he loves me "no matter what" I invited carbs back into my life and packed on the dreaded "relationship 15."

Read more of Jessica Napier's columns at metronews.ca/shesays

Cartoon

MICHAEL DE ADDER

Changing stance on pets

Worth mentioning

When Beverly Tucker's dog Tobi ruptured a disc in his back, the veterinarian gave her a stark choice: Expensive surgery with little chance of success, or euthanasia.

Like a growing number of pet owners, Tucker opted for a third choice thanks to medical advances and shifting attitudes about animal care. She bought a wheeled cart fitted for Tobi's hind legs, restoring mobility to her paralyzed pooch.

Pets with disabilities ranging from spinal injuries to deafness still struggle more than healthy counterparts, but their futures are no longer as grim as before. An industry catering to owners of disabled pets has sprung up, offering everything from carts to chiropractors specializing in canine spines.

Even in an economic slump, people are willing to pamper their pets. Total spending in the United States on pets has grown, rising from $41.2 billion US in 2007 to about $47.7 billion this year, says the American Pet Products Association.

Animal health specialists, rescue volunteers and medical supply makers all say they've seen a growing willingness in the American public to adopt or care for pets with ailments that once would have met with certain euthanization.

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METRO CANADA: Group Publisher Bill McDonald, **Editor-in-Chief** Charlotte Empey, **Associate Managing Editor** Tarin Elbert, **Scene/Life Editor** Dean Lisk, **Asst Managing Editor** Amber Shortt, **Art Director** Laila Hakim, **Nat'l Sales Director** Peter Bartrem, **Interactive/Marketing Director** Jodi Brown

Metro Minute at Carrot Common

Quick! How many commercial centres can you name? OK, that's not too bad for starters.

Now, of all those Yorkdales and Fairviews, how many are dedicated to something other than mass produced mallwear and preservative-laden calorie bombs? Thought so.

That's what makes the Danforth's Carrot Commons so special. It's an outdoor oasis of specialty shops dedicated to mental and physical wellbeing.

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Who knew going to the mall could be so good for you? JORDANA DIVON

JORDANA DIVON

▶ For a detailed directory of Carrot Common shops, visit carrotcommon.com or simply pop by and see for yourself.

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▶ Elizabeth Banks

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▶ Johnny Depp

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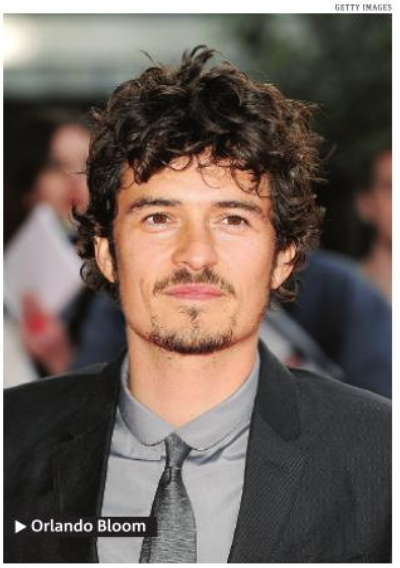

▶ Orlando Bloom

‘Buzz off malaria’: celebrity battle cry

- Hollywood heavyweights mouth off against malady-borne mosquitoes
- PSAs take on task of eradicating crisis with the help of a little humour

A new public service announcement irreverently suggests one way to solve the malaria problem in Africa: Recruit a cadre of sexy mosquitoes called La Femme Mosquita to seduce and kill their disease-carrying counterparts.

It’s one example of the humour the non-profit group Malaria No More hopes will spread awareness in eliminating the deadly disease.

B.J. Novak, star of the NBC sitcom The Office, likes the “laugh with us and not at us” approach. He and other celebrities including Ed Helms, Elizabeth Banks, John Mayer, and Orlando Bloom are

GETTY IMAGES

▶ Actor B.J. Novak

lending their support to the group through a series of TV spots and viral videos.

Novak said that public service announcements historically have gotten little respect, despite the importance of their causes, making them ripe for ridicule. The ubiquitous This is your Brain on Drugs ad that showed an egg frying was satirized in Nightmare on Elm Street with Johnny Depp getting whacked in the head with a frying pan by Freddy Krueger.

“Looking at it simply by the numbers, the math works out very well.” B.J. NOVAK (ON REDUCING MALARIA THREAT IN FIVE YEARS)

One of the funniest spots in the Malaria No More campaign stars Helms as a big-game hunter. In the three-minute video, the actor suggests alternative techniques to kill malaria-borne mosquitoes, such as biting back.

Helms travelled to Senegal to observe the problem and produce the spot. He called it “an incredible adventure” that he hopes will raise awareness. He feels the campaign can educate a broad audience, and he also hopes to “piss off a few mosquitoes in the process.”

“He for sure is using the other best medicine to fight malaria,” Banks said. “Humour.”

THE ASSOCIATED PRESS

Deadly disease

- Malaria was eradicated in the United States in the early 1950s, but the disease continues to exist in the third world.
- In Africa, 2,000 children die every day from malaria, according to Malaria No More, which breaks down to a death every 45 seconds.
- Tools used to fight malaria include mosquito nets, insecticide and effective medicine.
- Most of the money raised for Malaria No More centres around $10 donations that come from texting to the word NET to 85944.

2 scene

Celine in hospital

Celine Dion has been admitted to a Florida hospital to prevent the early delivery of her twins.

The superstar singer is at St. Mary’s Medical Center in West Palm Beach, Fla. The hospital said in a statement the admission was recommended to make sure Dion is close to her doctors leading up to the babies’ birth.

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Forget the canvas: Celebrated British painter David Hockney embraces the iPad

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DVD Releases this week Buy it | Rent it | Borrow it | Yawn | Don't bother

Dragon full of fiery fun

How to Train Your Dragon
Genre: Animation
Directors: Dean DeBlois, Chris Sanders
Stars: Jay Baruchel, Gerard Butler, Craig Ferguson
●●●½

Sure to be a candidate for Best Animated Feature when the Oscars roll around, this medieval charmer offers happy proof that animated movies are often the source of originality that's sadly lacking in most live-action fare.

It's the story of a timid young Viking named Hiccup, voiced by Canada's Jay Baruchel, who lives in the remote village of Berk, a place "12 days north of Hopeless and a few degrees south of Freezing to Death."

Berk would be an okay place to live, for a Viking, except it's constantly being dive-bombed by pesky dragons. The stout locals have learned how to slay the beasts, with the exception of one deadly apparition known as the Night Fury.

Hiccup wants to be a dragon killer like his brave dad, Stoik the Vast (Gerard Butler), his trainer Gobber the Belch (Craig Ferguson) or even plucky local lass Astrid (America Ferrera).

He has the wit to trap a dragon, but not the heart to kill it. He discovers that dragons are just like kittens, except for the fire-breathing part. Love and understanding goes a long way, unless you're a Viking. A few attitudes are going to need adjusting.

The film presents the timeless messages of not judging a book by its cover and learning to be just who you are. Fortunately, these messages are disguised by a whole lot of fiery fun.

The abundant extras, more on the Blu-ray, include deleted scenes, a commentary by filmmakers Chris Sanders and Dean DeBlois, various making-of featurettes and an all-new animated adventure called Legend of the Boneknapper Dragon. PETER HOWELL

Please Give
Genre: Comedy/Drama
Director: Nicole Holofcener
Stars: Catherine Keener, Amanda Peet, Oliver Platt
●½

This thoroughly nasty film could almost be a horror movie, given its emphasis on death and decay.

This fourth feature by writer/director Nicole Holofcener (Lovely & Amazing), set in Manhattan, is yet another ramble through the tiny world of the affluent and the idle, a particular fascination of Holofcener's.

She again casts her muse Catherine Keener in a key role, although Keener has dialed her acerbic wit way down. Her character Kate is paralyzed by liberal guilt, so much so she hands out $20 bills to homeless people.

Kate has money and the blues because she and her oily husband Alex

(Oliver Platt) run a successful antique shop, selling at high profit goods they obtain through ambulance chasing.

Their biggest score awaits right next door. It's the home of obnoxious neighbour Andra (Ann Morgan Guilbert), 91. The moment she pops off, Andra's apartment will be busted up to expand the living space of Kate, Alex and their spoiled teen daughter Abby (Sarah Steele).

Please Give isn't a pleasant or amusing movie to watch.

PETER HOWELL

Hathaway can joke about criminal ex-BF

Anne Hathaway is now at a point where she can joke about her former boyfriend admitting he was a con artist.

The 27-year-old actress opens up about the ordeal in the November issue of Vogue magazine.

Asked to name her "deal-breakers" with men, Hathaway replied, "Uh ... fraud?" and laughs.

Raffaello Follieri pleaded guilty to cheating investors out of millions of dollars by falsely claiming he had Vatican connections that enabled him to buy church property at a discount. He was sentenced to 4½ years in prison in 2008.

Jewelry that Follieri gave Hathaway was recently auctioned off by U.S. marshals.

All joking aside, the actress admits the relationship took its toll.

The experience taught her to be "more wary," she said. "It takes a minute for me to let my guard down, but once I do and I get to know someone, I'm very open, very trusting. Some might say too trusting."

Shooting the movie Love and Other Drugs, which opens Nov. 24., opposite Jake Gyllenhaal helped Hathaway move forward, she said. Trust is a theme of the film, and it forced Hathaway to confront the issue.

"I was a wreck from start to finish," Hathaway told Vogue. "I think I cried every single day."

The Oscar-nominated actress is dating actor Adam Shulman. THE ASSOCIATED PRESS

CHRIS PIZZELLO/THE ASSOCIATED PRESS

▶ Actress Anne Hathaway said filming her latest movie Love and Other Drugs helped her deal with trust issues after her past boyfriend was imprisoned on fraud charges.

News in brief

Jolie movie back on track

BOSNIA. Angelina Jolie has been given back a permit to film in Bosnia that was briefly withdrawn because of rumours that her movie featured a rape victim who falls in love with her assailant, her producer said yesterday.

Jolie was given back the permit after the country's culture minster was given the script to assure him the rumours were false.

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Legend rewarded for taking risks

Crooner's collaboration with the Roots has resulted in rave reviews Album features covers of soul songs

JEFF CHRISTENSEN/THE ASSOCIATED PRESS

▶ John Legend, left, and Ahmir "?uestlove" Thompson of the Roots teamed up for Wake Up!.

When a top music executive found out that John Legend was working with the Roots on an album dedicated to social change and activism, he didn't give Legend words of encouragement.

"What the hell are you doing?" is what Legend recalls that executive saying.

"He's not directly responsible for my career but he's quite a popular record executive, whose name I won't mention," Legend said, laughing. "(And) he was not approving of this."

Fortunately for Legend, the executives at his own label, Columbia Records, had his back. Now the joint collaboration, Wake Up! is one of the best reviewed albums of the year.

The CD, released last month, finds Legend and the hip-hop band covering 1960s and 1970s soul songs from iconic acts like Marvin Gaye, Donny Hathaway, Nina Simone and Bill Withers, among others (the CD also has one original song).

"It is a covers record but it really doesn't feel like a covers record at all," said Ahmir "?uestlove" Thompson, the Roots leader who co-produced the album. "I guess certain music connoisseurs will know the cuts ... they weren't like, Billboard-charted hits. They were chosen for their message."

The sound is somewhat of a departure for Legend. Though he's a soul singer, Wake Up! features less crooning and more grit. He's singing songs about war, politics and race in a different tone than he's done in the past.

That was accomplished thanks to ?uestlove, Legend said.

"Ahmir was really steering the ship," he added, acknowledging not knowing some of the songs before recording them. "I really leaned on him for his expertise."

The Grammy winner agrees that he took a risk with Wake Up! — but he didn't think twice about creating the project.

"The thing is the industry as a whole is risk-averse because people are losing jobs, the business of selling records is contracting, and so people are very dependent on 'You gotta get that radio hit, you gotta sell these singles, you gotta sell these ring tones,"' Legend explained. "And we made the anti-that album basically, and I think it's going to work." THE ASSOCIATED PRESS

GROWTH OF VINYL COMBATS DIGITAL ERA

The Audio Files

BRYAN BORZYKOWSKI
SCENE@METRONEWS.CA

It was a dark time for the music industry last week. It took only 71,000 copies of Toby Keith's Bullets In a Gun to top the Billboard 200 chart — no other record, since Nielsen Soundscan bean tracking data in 1991, has debuted in the No. 11 spot with such low numbers.

It's proof, once again, the more people are turning to digital and leaving the physical product behind.

Or is it?

While CD sales continue to slide, people are scooping up more vinyl records than they have in years. In the States last year, 2.5 million LPs were sold, up 33 per cent from the year before. Vinyl sales actually grew at twice the rate of digital sales.

FLICKR: ORIN ZEBEST

▶ Sales of vinyl records were up 33 per cent last year.

Of course, a couple million records is nothing compared to the 374 million CDs that were sold in 2009 or the 1.16 billion songs that found their way from paid sites onto people's computers.

But the rise in vinyl sales tells us something — people still care about the package. I'm one of those LP buyers. While it's easier and more convenient to hold thousands of songs on an iPhone, nothing beats opening a record for the first time.

First of all, there's the artwork. The fact that designers have a much larger space to work with usually produces better work. The bright images, the detailed book-like liner notes — while there are some beautiful CD packages, it's much easier to find stunning graphics in vinyl products.

Then there's the act of listening to the record itself. I'm more invested in listening to an album when I have to flip it over. I'm forced to pay attention and the artist, in theory, has to make every song worth listening to, otherwise I won't play the second half.

I've always wondered why the traditional music industry doesn't actively promote vinyl. It may not save them, but maybe an aggressive push, and a free download offer with every LP bought, would help bring more bucks to their bottom line. Record players are cheaper and more durable than the once were, plus people can purchase used ones that are still in good shape.

Maybe, like the mobile industry, the music world should give away or significantly discount record players so more people would buy records.

That push probably won't happen, but with LP sales going up every year, it's not time to usher in the death of the physical album just yet.

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KEITH BEATY/TORSTAR NEWS SERVICE

▶ The Pink Tartan Fall collection is modeled on the catwalk during LG Toronto Fashion Week in March. Pink Tartan will be showcaseing its Spring/Summer '11 collection this week.

Fashion week kicks off

It's fall on the calendar, but when it comes to style, spring is in full bloom in Toronto with the kick-off of Fashion Week.

The semi-annual showcase featuring the latest looks for spring/summer 2011 launched last night on the grounds of the historic Canadian National Exhibition with an opening line-up stocked with some of the country's leading design talents.

Luxury retailer Holt Renfrew opened the five-day fashion fest at Heritage Court at Exhibition Place with a special presentation featuring the latest offerings from a top-shelf collective of Canadian designers and labels, including Denis Gagnon, Jeremy Laing, Lida Baday, Line Runway, Mikhael Kale, Pink Tartan, Smythe, Wayne Clark and Wings + Horns.

For those who won't have a chance to see the designs in person, the Fashion Design Council of Canada, which organizes the event, is bringing style lovers a click away from the catwalk. The FDCC plans to live stream the shows, at lgfashionweek.ca.

While still making use of an almost 37-metre runway for full-scale productions, organizers say they'll also be diversifying the ways in which the styles are showcased.

THE CANADIAN PRESS

Snooki does her community service

Jersey Shore cast member Nicole "Snooki" Polizzi charged $10 for autographs — $20 if fans didn't have a photo — to raise money for animal shelters after completing her court-ordered community service.

More than 200 people on Sunday paid up for the reality star's autograph. Her lawyer says the proceeds will go to Donations of Love, which benefits local animal shelters.

Her lawyer says Polizzi spent the morning doing clerical work and cleaning the Seaside Heights police station.

A judge last month fined the pint-sized star $500 and ordered the community service because Polizzi had been drunk and disorderly on the beach in July.

Fifteen-year-old Victoria Rooms told the Asbury Park Press she flew out from Colorado just for an autograph.

THE ASSOCIATED PRESS

Banks facing million-dollar lawsuit

A Georgia woman is suing Tyra Banks for $3 million after she said her 15-year-old daughter appeared without her permission on an episode of Banks' talk show about teen sex addicts.

In a lawsuit filed Oct. 8 in federal court in Atlanta, Beverly McClendon claims the show contacted the teen on her cellphone after she responded to a request on the show's website seeking "sex addicts." The girl was then picked up from her home in Georgia in a limo and flown to New York, where she was put up in a hotel, all without her mother's knowledge, the lawsuit says.

McClendon filed a missing person report with local police when she realized her daughter was gone. The teen has never been diagnosed as a sex addict, the lawsuit says.

The lawsuit also names Warner Bros. Entertainment and the executive producers of the show as defendants.

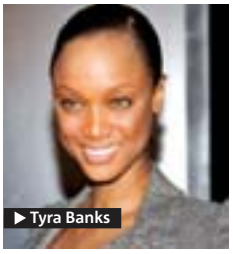
McClendon says her daughter suffered damages because the 2009 show "was undoubtedly watched by sexual deviants, perverts and pedophiles."

The lawsuit seeks a jury trial and asks for $1 million in compensatory damages and $2 million in punitive damages. It also asks the court to bar the episode from ever being aired again on television or online.

Warner Bros. Television Group spokesman Scott Rowe said Sunday that the company had no comment. Banks' publicist, agent and lawyer did not immediately return calls Sunday seeking comment.

The show violated McClendon's right to privacy by putting her daughter, who was a minor, on television without McClendon's permission, the lawsuit claims.

THE ASSOCIATED PRESS



▶ Tyra Banks

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- 1100 Walker's Line
- Appleby Crossing
- Burlington Mall
- Mapleview Mall

CAMBRIDGE
- 499 Hespeler Rd.
- Cambridge Centre

COBOURG
- Northumberland Mall

ETOBICOKE
- Cloverdale Mall
- Sherway Gardens
- Woodbine Centre

GEORGETOWN
- 330 Guelph St.

LINDSAY
- 229 Kent St.
- Whitney Town Centre

MAPLE
- 2810 Major Mackenzie Dr.

MARKHAM
- 7357 Woodbine Ave.
- Market Village
- Markville Shopping Centre
- Pacific Mall

MILTON
- 377 Main St. E.

MISSISSAUGA
- 6965 Davand Dr.
- 980 Eglinton Ave. E.
- Dixie Value Mall
- Erin Mills Town Centre
- Heartland Power Centre
- Sheridan Centre
- Square One Shopping Centre
- Square One Shopping Centre (kiosk)
- Westgate SmartCentres

NEWMARKET
- Upper Canada Mall

NORTH YORK
- 170 Rimrock Rd.
- Bayview Village
- Centerpoint Mall
- Crossroads Plaza
- Empress Walk
- Lawrence Square
- North York Sheridan Mall
- Sheppard Centre
- Yorkgate Mall

OAKVILLE
- Oakville Place
- Winston Power Centre

ORANGEVILLE
- 114 Broadway Ave.

OSHAWA
- Five Points Mall
- Oshawa Centre

PICKERING
- Pickering Town Centre

RICHMOND HILL
- Hillcrest Mall
- Richmond Heights Plaza
- Time Square Shopping Centre

SCARBOROUGH
- 259 Morningside Ave.
- Bridlewood Mall (kiosk)
- Cedarbrae Mall (kiosk)
- Malvern Town Centre
- Scarborough Town Centre

SUDBURY
- Brady Square
- New Sudbury Centre
- Southridge Mall

THORNHILL
- Promenade Mall

TORONTO
- 2256 Bloor St. W.
- 209 Danforth Ave.
- 700 Gordon Baker Rd.
- 85 Hanna Ave.
- 2171 Queen St. E.
- 2323 Yonge St.
- Chinatown Centre
- College Park
- Dufferin Mall
- East York Town Centre
- Eaton Centre
- Eaton Centre II
- Eglinton Square
- Exchange Tower
- Gerrard Square
- Holt Renfrew Centre
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- Toronto Life Square
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- Whitby SmartCentres

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Cage helps to fight poverty in Romania

JEMAL COUNTESS/GETTY IMAGES)

▶ Nicolas Cage is going to be the guest of honour at charity ball in Romania.

Hollywood actor Nicolas Cage will travel to Romania to film the sequel to Ghost Rider, and also be guest of honour at a charity ball helping underprivileged Gypsy children get an education.

Cage will be in Romania at the end of October to shoot the movie Ghost Rider: Spirit of Vengeance, said a press statement from the charity organizing the ball.

During his stay in the country, Cage will also participate at a Halloween ball organized by the mother of another Hollywood actor, Ethan Hawke.

Leslie Hawke says they are thrilled Cage will be at their event.

Cage's grandparents emigrated from Italy to America "back in a time when there was tremendous prejudice against Italian immigrants," Hawke said.

Prejudice against some 1.5 million Gypsies, or Roma, is widespread in Romania, and many Roma children do not get a basic education, which often leads to a life of discrimination and poverty.

Hawke, the actor, was guest of honour at last year's event, which was held in the giant palace of late Romanian dictator Nicolae Ceausescu. Cage won the Academy Award for Best Actor for his role in Leaving Las Vegas in 1995. THE ASSOCIATED PRESS

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Penn tired of Gossip Girl

Gossip Girl star Penn Badgley is getting tired of making his hit TV show, he tells Page Six. "It is what it is," he says. "It's the fourth season. It's become routine." It probably doesn't help that he and his co-star and girlfriend, Blake Lively, aren't that chummy with their fellow on-set couple, co-stars Ed Westwick and Jessica Szohr. "We're not friends," Badgley says. METRO

Celebrity tweets

50 Cent [@50cent] I'm just learning how to use the camera I have. I brought a professional joint the lens package was 10k. I'm not buying another one.

Russell Brand [@rustyrockets] I'm at Union Square Barnes and Noble. I'll distract security, you put the books in your bag.

Alicia Keys [@Alicia keys] There is no word to properly describe LOVE, to describe BLISS, to express a FEELING like this!!!

Katy Perry [@katyperry] Why does the childrens menu always looks delicious?! Damn kids.

METRO

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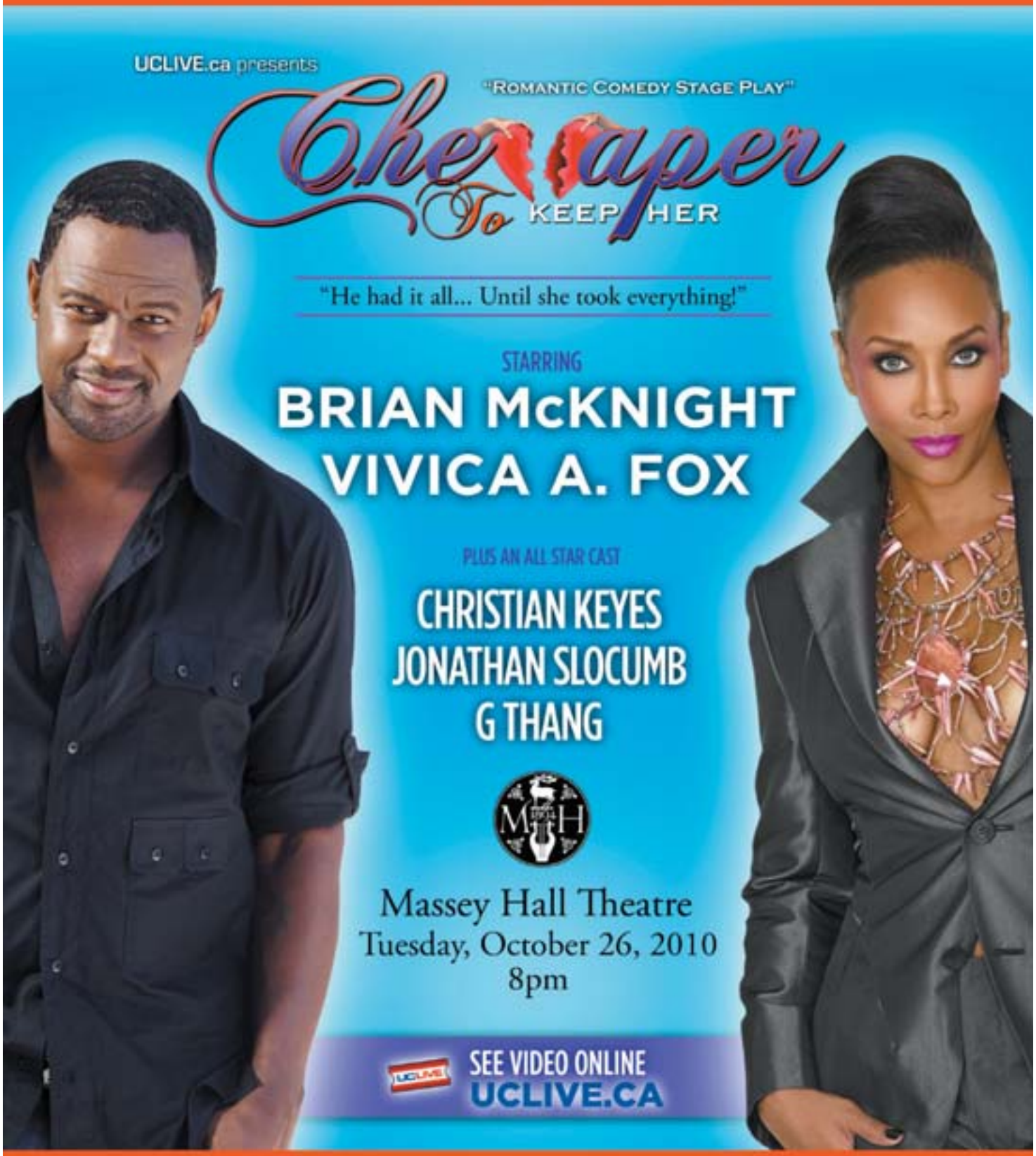

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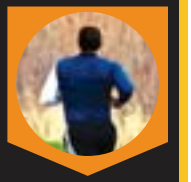


Andropause
Caused by lower testosterone in the body, andropause can leaves men feeling irritable and tired and with lowered sex drive.

CPR changes: Chest compressions most important; even bystanders can do it

FLICKR CC SUPERFANTASTIC

▶ Once you start working out — there are no limits to how far you can go.

Ready, steady, go

How to get up and keep going with an exercise regime, without falling into bad habits

ROMINA McGUINNESS
LIFE@METRONEWS.CA
METRO WORLD NEWS IN LONDON

Once you have made the mental commitment to ditch your former lazy self, the hardest part is having enough willpower to carry on and not revert to your old ways.

Celebrity trainer Tracy Anderson guides you through the second phase of this new, fitter you.

Get up and go

For Anderson, it's all about getting the work/workout balance right.

"Start by blocking out the time to workout in the day, even if just for 10 minutes. Once you start getting used to it, increase this time to 30 minutes and eventually one hour," she says.

Don't just diet

"I don't believe anyone achieves physical beauty by going on a diet alone," explains Anderson.

"Food must be embraced in a healthy way and extreme dieting can potentially be dangerous. It's all down to control — don't spend your day eating Doritos chips but don't deny yourself steak and mash if you really want it."

Going for the lunge

Anderson advises her clients who struggle the most to try to understand what they want from their body and life.

"If you love life, you will want to live it to your best and your healthiest. Tell yourself you want to look and feel great or else come to terms with the realities of an unhealthy life like being overweight and unfit," she says.

"Getting a running buddy, joining a yoga class or team sports such as basketball is for people who cannot motivate themselves alone."

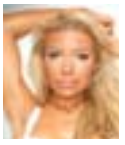
Knowing that someone else is going through the same challenge as yourself is a highly motivating factor and a real push. People that genuinely no longer wish to be lazy will need to switch the way they think and embrace change.

A question of genetics

Motivation is often seen as something that is only affected by our lifestyle but in reality it could also have to do with gender. In general, the desire to be active seems to come more instinctively to men than to women.

Women have a tendency to gravitate towards the quick fix solution and that can make them feel insecure.

However, both sexes use their physique and the way the look and feel as a way to empowerment.



"There are many lazy people out there who don't think beyond the typical fat to think solution. They fail to realize that being thin alone won't improve the tonicity of skin and muscle, let alone health."
TRACY ANDERSON

FLICKR CC SHERMEEE

Going beyond beginner

Now that you have developed more resistance and have done the hardest, actually getting started you can move on to the more difficult moves. Here are some moves that will banish the lazy one in you forever.

Intermediate:

Lay on side star lift: Lay on side resting on elbow, both legs bent at the knee with hips stacked, lift hips off floor and extend top working leg straight and up with arm reaching up to ceiling

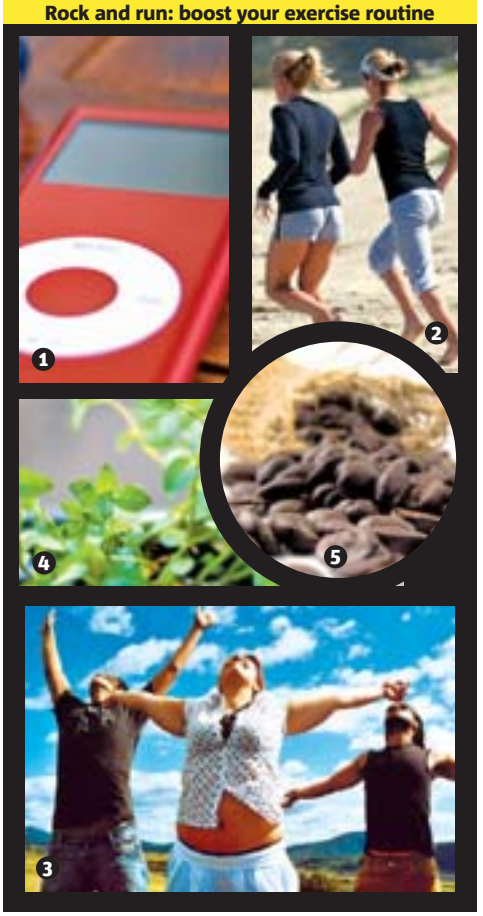
Back and Side kick on elbow Kneel on all 4's, non working arm elbow, other hand on floor, working leg extends out to side of body, bend at the knee and to extend leg back behind body, leg never drops below hip level, when going to the back should be higher than hip.

Advanced:

Plank Knee Crunch: In plank push up position, start with working leg ankle crossed over supporting leg, keep hips down and bend the knee reaching working leg to arm pit (fire hydrant position) torso slightly bends toward that side to crunch in obliques.

METRO

Rock and run: boost your exercise routine



1 **Good music:** Choose anything with a good beat that will get you up and going. Listening to music is a distraction, making time go past faster as you tick in the miles on the treadmill.

2 **Buddy up:** There is no denying the effectiveness that comes with the pressure of having someone relying on you to work out for their own workout to begin.

3 **Fresh Air:** great if you want to clear out your lungs and your head. You will inhale more oxygen exercising outdoors than if you stay inside.

4 **Peppermint:** Inhaling peppermint before exercise is believed to increase stamina.

5 **Coffee:** Drinking caffeine before you begin working out is meant to act as an instant pick me up as it stimulates the central nervous system.

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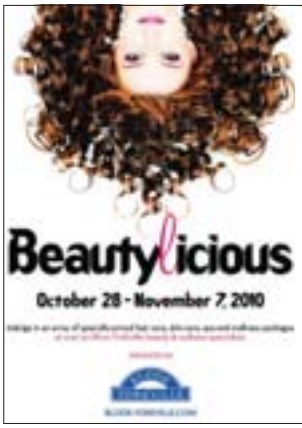

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Butts boost

The effect of smoking as a risk factor for colorectal cancer is stronger in men than women

CELIA MILNE
LIFE@METRONEWS.CA

Your risk of developing colon cancer is increased by almost 100 per cent if you smoke.

This startling news comes from a study done in Newfoundland and Labrador.

It is the first large population-based study in Canada that shows a clear relationship between colorectal cancer and tobacco use, says senior author Dr. Peter Wang from the faculty of medicine at Memorial University in St. John's, Nfld.

The province of Newfoundland and Labrador has the highest incidence of colorectal cancer in the world. Smoking is also quite common in the province — about 34 per cent of people smoke there.

Dr. Wang studies ways that colon cancer can be prevented.

This study has pretty powerful data.

"Putting this in a population perspective, the number of cases of colorectal cancer can be reduced by 13 per cent if tobacco smoking could be completely eliminated," he says.

The effect of smoking as a risk factor for colorectal cancer is stronger in men than women. Colorectal cancer is more common in

Statistics

The stats on males vs females

Just the facts This year, it's estimated that 22,500 Canadians will be diagnosed with colorectal cancer. That's 12,400 males and 10,100 females. About 9,100 Canadians will die of it. This makes it the second leading cause of death from cancer, according to the Canadian Cancer Society.

CANCER RISKS

Pickled meats on the list

Smoking's not the only avoidable thing that raises your risk of developing colorectal cancer. Dr. Peter Wang from Memorial University in St. John's, Newfoundland studies behaviours on the east coast that could have an effect on rates of cancer. One of his recent studies found that eating pickled meat — a commonly-found food in Newfoundland and Labrador — elevates a person's risk of developing colorectal cancer. CELIA MILNE

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colon cancers

ISTOCK PHOTO

industrialized countries such as Canada, and far more rare in Asia and Africa, so it makes sense that something in the environment is accounting for the high rates. Here's how the study was done: Between January 1999 and December 2003, Dr. Wang and colleagues studied the health habits of two groups of people: 702 people with colorectal cancer and 717 people without the disease.

All subjects were between 20 and 74 years of age.

They found 96 per cent higher risk of colorectal cancer among current smokers than non smokers.

Study results were published recently in the Canadian Journal of Public Health.

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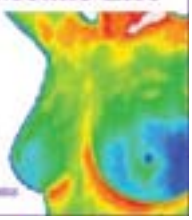

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Watermelon packing a big healthy punch

Small study shows super food can lower blood pressure, hypertension

CELIA MILNE
LIFE@METRONEWS.CA

ISTOCK PHOTO

▶ Authors are proposing a larger study to better understand the benefits of watermelon

Watermelon is one of those super foods.

It's low-cal, high in fibre, packed with vitamins, fun to eat — and sweet to boot.

Now, researchers at Florida State University have found that juicy, red watermelon has another health punch — eating it regularly has the potential to help prevent hypertension.

This is important because hypertension — known as the "silent killer" — is a risk factor for cardiovascular disease and stroke.

In a small study, scientists fed watermelon extract every day for six weeks to people with pre-hypertension, which means slightly elevated blood pressure.

All nine of the subjects had lowered blood pressure at the end of the study.

Authors are suggesting a larger study to test the power of this functional — and delicious — food.

Cosmetic contacts have frightening effects

Goblins and ghouls gearing up to spook people on Halloween are being warned not to use cosmetic contact lenses to change eye colour because the non-prescription devices can cause infection, allergic reactions and other complications that could lead to vision loss.

Cosmetic or decorative contact lenses, purchased over the counter, are worn to change the colour or appearance of the eye. But contact lenses are medical devices and shouldn't be worn without a valid prescription and proper fitting, the Nova Scotia Association of Optometrists said Friday in a release.

Young adults and teenagers tend to purchase these types of contact lenses, especially for an occasion like Halloween, and may not fully understand the risks, the association said. Contact lenses that aren't cared for correctly can lead to permanent vision loss or even blindness. THE CANADIAN PRESS

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PETER ROCKWELL
LIQUIDASSETS@EASTLINK.CA

The persistent theory that sparkling wine should only be reserved for New Year's Eve or special occasions of similar celebratory stature ticks me off to no end.

Whether a Spanish Cava or full-blown vintage champagne, the clean lines and flowing effervescence of a sparkler can cozy up to the flavour profile of everything from a Big Mac and large fries to Christmas dinner.

Two Oceans Sparkling Sauvignon Blanc Brut ($11.95 - $12.99) from South Africa is a fine choice to challenge my food-friendly theory. Soft and refreshing, it offers citrus, lemon and subtle vegetal green fruit with nice weight and density.

Italy's Voga Sparkling Pinot Grigio ($18.20 - $22.99) is light and airy with a crisp, lemon-lime expression wrapped in a package so sexy you'd almost think you should be dabbing some behind your ears in the morning. Prices reflect the range across the country.

Peter Rockwell is the everyman's wine writer, working in the liquor industry for more than 25 years and traveling the globe looking for something to fill his glass and put into words.

Comfort food for fall evenings

- Come in from the cold to hearty, home-made comfort food the whole family will love
- This classic pairing also makes a great lunch option the next day

Fusilli and Meatballs Preparation:

1. Coat pot with cooking spray and set over medium-high heat. Sauté onion and garlic until soft, 5 minutes. Transfer 2 tbsp onion mixture to large bowl.
2. Whirl tomatoes in food processor until smooth. Add to pot. Bring to boil over medium-high heat; reduce to medium-low. Cover and simmer 30 minutes. Add basil and oregano during last 15 minutes.
3. Process bread to crumbs. Add crumbs, beef, egg, milk, salt and pepper to onion mixture and mix just until blended. Make twenty 2.5 cm meatballs. Coat medium skillet with cooking spray and set over medium-high heat. Cook meatballs until browned, 8 minutes. Drain; add to sauce. Cover and cook, stirring occasionally, 20 minutes.
4. Meanwhile, cook pasta; toss with 1 1/2 cups sauce in serving bowl. Serve meatballs with remaining sauce. Serves 6.

Ingredients:

- 1 onion, chopped
- 2 garlic cloves, minced
- 796 mL can Italian tomatoes
- 796 mL can whole tomatoes in purée
- 1/4 cup chopped fresh basil
- 1 tsp dried oregano
- 2 slices dry white bread
- 500 g lean ground beef
- 1 egg
- 2 tbsp 1% milk
- 1/2 tsp salt
- 1/2 tsp pepper
- 375 g fusilli

Per Serving: 470 calories, 6 g total fat, 2 g saturated fat, 77 g carbohydrate, 8 g fibre, 31 g protein
READERS DIGEST

▶ Fusilli and Meatballs

Warm up with savoury soup

▶ Cream of Leek and Potato Soup

Cream of Leek and Potato Soup Preparation:

1. In large pot, heat oil over moderate heat. Stir in leeks and onion, then 3/4 cup broth. Cover and cook, stirring frequently until soft but not browned, 10 minutes. Add potatoes and stir to coat.
2. Pour in half of remaining broth and bring to boil. Simmer, partially covered, until potatoes are soft, 15 - 20 minutes. Remove from heat. Transfer to blender and purée until smooth.
3. Pour remaining broth into pot. Add vegetable purée and bring to simmer, stirring constantly, 2 - 3 minutes. Season with salt and pepper.
4. Remove from heat and stir in sour cream. Ladle into soup bowls. Makes 6 servings.

Ingredients:

- 1 tbsp olive oil
- 250 g leeks, white part only, thickly sliced
- 1 large onion, coarsely chopped
- 2 x 540 mL cans chicken broth
- 500 g all-purpose potatoes, peeled and sliced
- salt to taste
- 1/8 tsp ground white pepper
- 1/3 cup low-fat sour cream

Per Serving: 160 calories, 5 g total fat, 2 g saturated fat, 26 g carbohydrate, 2 g fibre, 5 g protein
READERS DIGEST

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A healthier Halloween

Ingredients:
- 175 ml (3/4 cup) canned pumpkin puree
- 175 ml (3/4 cup) packed light brown sugar
- 125 ml (1/2 cup) non-fat plain Greek-style yogurt
- 30 ml (2 tbsp) canola oil
- 5 ml (1 tsp) vanilla
- 125 ml (1/2 cup) finely chopped crystallized ginger
- 500 ml (2 cups) sifted cake flour
- 5 ml (1 tsp) cinnamon
- 3 ml (3/4 tsp) ground ginger
- 2 ml (1/2 tsp) baking soda
- 2 ml (1/2 tsp) salt
- 1 ml (1/4 tsp) ground nutmeg

▶ Pumpkin Double-Ginger Cookies

Tasty Halloween treats don't have to be a nutritional horror

A good scare on Halloween is fine, unless it's from reading the nutrition label on one of your kid's treats (or one of your own, for that matter). With a few not-so-scary ingredients, these cookies are supernaturally tasty without being frighteningly unhealthy. Canned pumpkin and non-fat Greek-style yogurt keep them moist, while cake flour helps them stay tender.

Pumpkin Double-Ginger Cookies
Preparation:

1. Position a rack in the centre of the oven and heat it to 180 C (350 F). Coat 2 baking sheets with cooking spray or line with parchment.
2. In a large bowl, combine pumpkin, brown sugar, yogurt, oil and vanilla. Whisk until smooth. Stir in crystallized ginger.
3. In a medium bowl, stir together flour, cinnamon, ground ginger, baking soda, salt and nutmeg. Stir dry ingredients into the wet, mixing until blended.
4. Drop tablespoons of the batter onto prepared baking sheets, spacing cookies about 4 cm apart. Bake, in two batches if necessary, until lightly browned, about 15 minutes. Transfer cookies to a wire rack and let cool. Makes 40 cookies.

Nutrition information per cookie: 54 calories; 7 calories from fat (13 per cent of total calories); 1 g fat (0 g saturated; 0 g trans fats); 0 mg cholesterol; 11 g carbohydrate; 1 g protein; 1 g fibre; 38 mg sodium.

THE ASSOCIATED PRESS

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How We Met: Dan & Yael

Names: Dan, 35, and Yael, 32

Hometown: Vaughan, Ont.

Together since: 1999

Their story:

"I (Yael) met my husband, Dan, in an online chat room back in September 1999.

"I was living in Israel at the time, while he was going to university in Canada. One day I was browsing through a chat room and he came online.

"Everyone was entering their basic information, and when Dan saw that I was from Israel, he immediately sent me a private message and we started chatting.

"From there, we moved to emails and later to phone calls. After three months, he bought a ticket to Israel and the rest is history. We were married in December 2002, and will be celebrating our eighth anniversary this year. We also have a beautiful two-year-old son."

WE WANT TO KNOW HOW YOU MET! GO TO 2FORCOUPLES.COM NOW TO SUBMIT YOUR LOVE STORY.

▶ Dan and Yael met in an Internet chat room back in 1999.

Passion can ease the pain

Sometimes love does feel like it should.

Falling in love can act as a potent painkiller, and now scientists have figured out why: It stimulates the brain's reward pathway, much like the rush of an addictive drug.

The next question is whether better understanding of the love-pain relationship might somehow help scientists tackle chronic pain. Falling head over heels isn't exactly something a doctor can prescribe.

But "maybe prescribing a little passion in one's relationship can go a long way toward helping with one's chronic pain — assuming it's passion with the one you're with," said study co-author Dr. Sean Mackey, chief of pain management at Stanford University.

The story begins with psychology professor Arthur Aron of the State University of New York at Stony Brook, who studies the neurology of love. His work has linked that euphoric phase of a fresh romance to brain regions rich in the chemical dopamine. Dopamine is key to what's called the brain's reward pathway. Eating sweets, for example, boosts this system — and addictive drugs like cocaine hijack it.

▶ Love can stimulate the brain much like a drug.

"When people are in love, in many ways it's not dissimilar to what they get when they take amphetamines or stimulants," noted Dr. Nora Volkow, director of the National Institute on Drug Abuse and a dopamine expert.

THE ASSOCIATED PRESS

Fun and Frugal

LESLEY SCORGIE
MONEY@METRONEWS.CA

BEWARE THE STOCK TIP!

Some of the biggest mistakes investors make are selecting investments they don't know anything about; using an investment strategy that doesn't fit their risk level; avoiding research, or taking a stock tip from an unqualified friend.

On its own, the price of a stock or fund means nothing; but when you compare price, earnings, debt, industry, and other factors against other companies or funds in the same peer group you get a better picture of what the company or fund is all about.

If a particular stock has caught your eye, start by paying a visit to Sedar.com, which is provided by the Canadian Securities Administration. If you're interested in evaluating a fund, check out Globe Investor's Fund Filter (http://globefunddb.theglobeandmail.com/gishome/plsql/gis.analyser).

Investment analysts prepare informative reports on various companies and funds, covering line of business, competitive assessment of the business, historical financials, etc. An analyst also predicts the future of each of these factors.

Doing research upfront will help you avoid losing money by selecting quality investments suited to your profile.

Tips to boldly begin business

Alison's Money Rule: Rise to the challenge of running a business by posing questions Ask for help

Scott Wilson of Oakville, Ont., got his start in marketing and the credit business before striking out on his own.

Today he is the president and CEO of Bluecap Financial, and is tapping into the near virgin territory of small business lending. He's seen successes and failures and good ideas managed badly. Here are his top tips for staying alive in shark infested waters.

• A great business idea is no sure thing. Start by knowing your target market and study – books, gurus and other successful businesses.

• A business without a website reflects a business with limited potential. Smart entrepreneurs need to stay one step ahead of their competition so pony up to the digital age.

▶ Don't be afraid to blab about your business

• During slow times, don't cut prices. Instead hold workshops, partner with suppliers, network like crazy and aim to give customers more value.

• When taking on a business partner, especially a friend or relative, be crystal clear about responsibilities and expectations.

• Most businesses comprise partners. Pick one with completely different skills and contacts. That way, there's more territory to draw on.

• Get comfortable talking, not bragging, about your business. Practice a 15 or 20 second elevator speech that tells people, simply and compellingly, what you do.

• There are tons of free resources for start-ups and existing businesses. On the internet search Industry Canada and business or small business in your province for starters. If you prefer one-on-one attention, hire a business coach.

• Retain experts for what you don't know. An accountant could save you lots more money than what he or she charges. Farming out the areas you don't know allows you to concentrate on your area of expertise.

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TIPS FOR THE SELF-EMPLOYED AND SMALL BUSINESSES OWNERS

On Money

GRIFITHS
MONEY@METRONEWS.CA

There are tons of pressures on those of us who run our own show. Whether you are working from a desk in the basement next to the freezer or have a storefront and employees, being proactive about tax will keep you off the Canada Revenue Agency's (CRA) radar.

Here are some tips.

• Don't wait until the last minute! It's impossible to get yourself properly organized under eleventh hour time pressure and it's difficult to make good decisions to minimize your taxes.

• Make an estimate of your expected tax bill. If your revenue is going to be high you might consider making that machinery or computer purchase before year's end. You'll defray some of the expense through capital cost depreciation, says Cleo Hamel, senior tax analyst with H & R Block Canada.

"Whatever you do, don't ignore communications from the CRA, respond promptly and make notes of your conversation right on the letter for future reference."

• Unless you are incorporated you are required to complete a Statement of Business and Professional Activities (T2125) at the same time as you file your personal taxes.

• You should set aside 30 to 40 per cent of your gross income to cover income tax and CPP. Even if you are the only employee of your business, you are responsible for paying the employee and the employer CPP contributions.

• Keep proper records differentiating business from personal. If you can't prove it, the CRA will likely assume the expense is personal. Hamel recommends that you slot your expenses into the categories provided by CRA on the T2125.

"Whatever you do don't have a large miscellaneous category," she advises.

• Don't over-exaggerate your home office expenses. This is a red flag for the CRA. There are always exceptions but a good rule of thumb is a maximum of 25 per cent as the business share of heat, hydro, property taxes and so on.

• Keep a careful log of car expenses. This is another red flag for CRA.

• If you run into trouble or make a mistake call the CRA. Most times they will be very helpful, especially if you call before the crunch.

• Whatever you do, don't ignore communications from the CRA, respond promptly and make notes of your conversation right on the letter for future reference.

Being a little proactive before year end will make your business life so much easier come tax filing time in 2011.

Small business owners a happy group

Small business owners in Canada are a happy group. According to the TD Small Business Happiness Index, 62 per cent of Canadian small business owners would describe themselves as "very happy" with only 1 per cent saying they are "very unhappy."

The research, which examined the attitudes and behaviours of North American small business owners, shows that nine in 10 Canadian small business owners are happier owning and running their own business as compared to working for someone else.

What makes small business owners so happy?

• 97 per cent said… owning a small business gives them a sense of pride and accomplishment.

• 91 per cent said… owning a small business gives them a deep personal connection to their employees.

• 84 per cent said… owning a small business gives them a deep personal connection to their customers.

• 86 per cent said… owning a small business gives them the opportunity to volunteer their time or make donations to charities, sports teams and events.

Where are they happiest? Top five happiest cities:

1. Calgary (30 per cent)
2. Montreal (29 per cent)
3. Ottawa (27 per cent)
4. Toronto (26 per cent)
5. Vancouver (23 per cent)

NEWS CANADA

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50 BEST EMPLOYERS IN CANADA 2010 REPORT ON BUSINESS

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Helping kids curb the learning blues

Providing creative options can help children love to learn

Regardless of what time of the school year it is, it can often be difficult to get kids excited about education. Despite the urge to insist children focus primarily on homework, it is important to make sure they are given creative options to ensure they continue to have fun throughout the learning process, or the lustre of learning can be lost.

"I like to remind parents that it is really important to make sure that learning remains interesting and exciting throughout the year," says author and parenting expert Kathy Buckworth. "This will help to eliminate challenges during nightly homework time and ensure a lifelong love of learning."

Buckworth recommends looking for learning products such as Leapfrog's Tag reading system, which is unique in the marketplace. Tag is more appropriate for children ages four to eight and really offers an experience that each child can make their own, whereas Tag Junior allows younger children, ages two to four, to develop an early love of reading.

Leapfrog not only helps children love to learn, but also helps parents understand their children's learning through the online Learning Path. Parents can hook most of Leapfrog's products into the free Learning Path service, which lets parents know about what their kids are learning and helps them gauge their learning progression. NEWS CANADA

Help for kids

More information on learning tools to help children of all ages can be found online at leapfrog.ca.

Excursions in education

Many years ago, Dr. Robert Klose was giving a lecture on the development of new structures within species. A student asked: "I saw a picture once of a woman with three legs in a porno magazine. Is that evolution?"

And he wasn't kidding. "That, to me, was a metaphor for a kind of disconnect between science and student perception of what science is," says Klose.

In The Three-Legged Woman and Other Excursions in Teaching, the Christian Science Monitor columnist tackles the subject closest to his heart: teaching. Since 1986, Klose has taught biology at University College of Bangor, an open-admissions college.

"Books on teaching are often written at the expense of the student. I wanted to create something more sympathetic, but I didn't want to give students a bye on a lot of things that are real problems — especially in an open-admissions environment," he explains.

In 40 short, anecdotal essays, Klose attempts to illustrate the redemptive nature of education.

"I wanted to create something more sympathetic, but I didn't want to give students a bye on a lot of things that are real problems."
DR. ROBERT KLOSE ON WHY HE WROTE THE THREE-LEGGGED WOMAN

"In many ways, professors and students are speaking different languages. Students are often asking me questions not because they didn't understand the concepts, but because they didn't understand the ordinary English I was using. It's my job to give those students a meaningful biology experience, and I do it with great joy." METRO

Open admissions

Klose on open admissions versus closed.

"Open admissions is a real double-edged sword. The upside is that it gives students a chance to prove they can do college-level work. The downside is that some students have a very hard time understanding why they failed the test."

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Perfect no more

- Some controversial calls help send Leafs down to OT defeat
- Tavares nets winner for Isles

ISLANDERS	LEAFS
2	1

The first loss of the Toronto Maple Leafs' season came with some controversy.

John Tavares scored 3:26 into overtime last night as the New York Islanders beat the Maple Leafs 2-1.

With Brett Lebda in the penalty box for goaltender interference, Tavares one-timed a shot past Jean-Sebastien Giguere. The penalty call on Lebda wasn't popular with the crowd at Air Canada Centre — especially after Toronto had two goals called back earlier in the game.

Matt Moulson also scored for the Islanders (3-1-2), who are off to a strong start despite injuries to regulars Mark Streit, Kyle Okposo and Trent Hunter.

Phil Kessel replied for Toronto (4-0-1).

It was a matchup of Eastern Conference cellar-dwellers from a year ago who have each gotten off to strong starts this season.

The Leafs entered with an average of four goals a game, but they couldn't get much going offensively against the stingy Isles. New York seemed content to play a patient game aimed at limiting chances.

Kris Versteeg looked to have broken through late in the second period, but had his goal waved off because he was ruled to have knocked the puck down with a high stick prior to scoring. The call was made on the ice and couldn't be reviewed using replay.

Instead, the Islanders maintained the 1-0 lead Moulson had given them at 2:17 of the second period. His third of the season was one for the highlight-reel after he took a touch pass from Tavares and beat Giguere high with a backhand.

Toronto had a good opportunity to tie the score midway through the final period when Islanders forward Andrew MacDonald was sent off for holding. However, the Leafs failed to generate quality chances on the power play.

Shortly after it expired, Colby Armstrong appeared to score from behind the net when his shot deflected off Dwayne Roloson's back. However, a lengthy video review revealed the puck never crossed the goal-line.

Leafs coach Ron Wilson was likely more upset that Tavares covered the puck in the crease at the end of the sequence — something that went undetected in real time, meaning his team wasn't awarded a penalty shot.

Kessel finally got Toronto on the scoreboard at 17:55 of the third on a power play. The winger buried a shot after the puck deflected on to his stick, giving him five goals in five games.

THE CANADIAN PRESS

DAVID COOPER/TORSTAR NEWS SERVICE

▶ John Tavares congratulates his goalie Dwayne Roloson after they defeated the Leafs.

Seau in hospital after driving SUV off a cliff

Authorities say alcohol and drugs are not suspected in a one-vehicle crash in Southern California involving former NFL star linebacker Junior Seau.

Seau drove off a cliff and was hospitalized with minor injuries yesterday, less than nine hours after he was arrested on suspicion of domestic violence. Carlsbad police dispatcher Matthew Pinell said late Monday that alcohol and drugs are not suspected "at this time."

Seau was taken to Scripps La Jolla Hospital in San Diego.

Seau's 25-year-old live-in girlfriend told authorities that Seau assaulted her during an argument Sunday night at his Oceanside home, according to Oceanside police. She appeared to have minor injuries and did not require medical treatment.

THE ASSOCIATED PRESS

CHARLES KRUPA/THE ASSOCIATED PRESS

▶ Junior Seau

Sports in brief

La Russa will stick around

MLB. Tony La Russa ended the usual post-season suspense, agreeing to a 16th season as St. Louis Cardinals manager.

The team announced a deal yesterday that included a mutual option for the 2012 season.

THE ASSOCIATED PRESS

NHL suspends Doan for check

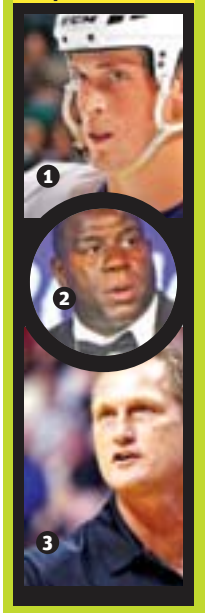
NHL. The National Hockey League has suspended Phoenix Coyotes winger Shane Doan three games for an illegal check to the head of Anaheim Ducks forward Dan Sexton.

Doan threw a shoulder into an unsuspecting Sexton on Sunday, moments after he had just passed the puck up the ice.

THE CANADIAN PRESS

4 sports

Sport in brief



1 Lightning centre Vincent Lecavalier is out with a right hand injury.

2 Magic Johnson has sold his small ownership stake in the Los Angeles Lakers.

3 Leo Rautins and Allison McNeill are returning as coaches of the Canadian men's and women's basketball teams.

METRO NEWS SERVICES

Scan for code for sports

Dangerous hits may face NFL crackdown

- Day full of scary collisions prompts league to consider taking action
- Players could be suspended for aiming for head, leading with helmet

AL BELLO/GETTY IMAGES

▶ DeSean Jackson is laid out by Dunta Robinson of the Atlanta Falcons on Sunday. Both players were injured on the play and had to be helped off the field.

Aiming for the head or leading with the helmet to deliver a blow could soon cost NFL players game time as well as money.

The league is considering suspending players for illegal hits in an effort to help prevent serious injuries, NFL executive vice-president of football operations Ray Anderson told The Associated Press yesterday, one day after several scary collisions in games.

"There's strong testimonial for looking readily at evaluating discipline, especially in the areas of egregious and elevated dangerous hits," he said in a phone interview. "Going forward there are certain hits that occurred that will be more susceptible to suspension."

Anderson, a member of the league's competition committee and one of its loudest voices on the need for enhanced player safety, said the NFL could make the changes immediately, with commissioner Roger Goodell's approval. League officials would consult with the players' union, but he didn't expect any opposition.

On Sunday, the Eagles' DeSean Jackson and the Falcons' Dunta Robinson were knocked out of their game after a frightening collision in which Robinson launched himself head first. Both sustained concussions.

Ravens tight end Todd Heap took a vicious hit from Patriots safety Brandon Meriweather that Heap called "one of those hits that shouldn't happen." The team was in contact with the league about the tackle.

THE ASSOCIATED PRESS

Giants, Phillies have little time to relax

GIANTS PHILLIES

▶ **Time:** 4:19 p.m.
Channel: Sportsnet

Charlie Manuel has been through enough post-seasons to recognize special pitching matchups this time of year.

Come this afternoon, the Giants and Phillies will see a third such marquee encounter in as many games of their NL championship series: Cole Hamels versus Matt Cain.

The teams travelled on redeye flights after the Phillies' 6-1 victory Sunday night at Citizens Bank Park, both landing in the Bay Area around 4 a.m. local time yesterday. That makes for a quick turnaround heading into this afternoon's Game 3 at AT&T Park. The teams stand even at one game apiece in the best-of-seven series.

"When we go 1-1 right now and you're sitting there and you've got Cain and Hamels going tomorrow in a swing game, you won't see that three days in a row with six pitchers that start the game that good," said the 66-year-old Manuel, the Phillies' sixth-year manager. "It's rare and it's going to be a heck of a game. The Giants are here because of their pitching and I think we're here basically because of our pitching. Our offence kind of sputtered this year."

After getting some brief rest, the Phillies took to the field for their first workout out West, sporting red hooded sweatshirts on the cool fall day.

Hamels, the 2008 World Series MVP, follows Philadelphia's two star Roys — Halladay and Oswalt — in the rotation. Cain was pushed back to start the third game after Tim Lincecum and Jonathan Sanchez pitched the first two.

Cain will be working on 10 days' rest since he pitched Game 2 of the division series against Atlanta on Oct. 8, the longest layoff of the right-hander's career.

Hamels, who bounced back from a tough 2009 by going 12-11 with a 3.06 earned-run average this season, pitched a five-hit shutout against Cincinnati on Oct. 10 in his last outing.

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Rumours of Rooney's feud grip England

Numerous reports say Rooney refuses to re-sign with Man United Some speculate he could go to local rival

Manchester United's insistence that Wayne Rooney will not be sold in January has failed to quell widespread speculation by British media that the England striker is on his way out of Old Trafford following a bust up with manager Sir Alex Ferguson.

British newspapers reported yesterday that Rooney has told the club he will not sign a new contract, with United's attempt to downplay the furor surrounding its most important player meriting barely a mention.

Rooney's status as arguably England's one genuine world-class player ensured the story made it

▶ Wayne Rooney

onto the front page of several papers. For the most part, it even pushed coverage of Liverpool's defeat in its first match under its new American owners to the margins of the back pages.

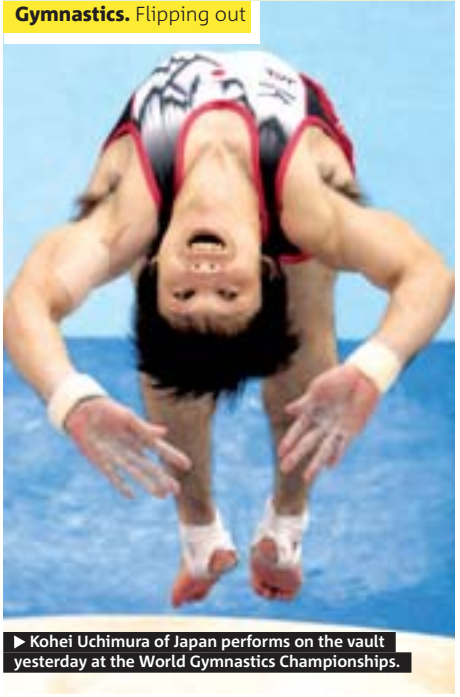
But where could Rooney go?

The Sun and The Times suggest that Real Madrid would be favourite to sign the 24-year-old Rooney, just over a year after the Spanish powerhouse finally succeeded in taking Cristiano Ronaldo against United's wishes.

But several other papers point out that Rooney, who has previously declared a lack of interest in playing overseas, could be forced into a highly divisive move to Manchester City, United's bitter local rival.

THE CANADIAN PRESS

Gymnastics. Flipping out



▶ Kohei Uchimura of Japan performs on the vault yesterday at the World Gymnastics Championships.

MATT DUNHAM/THE ASSOCIATED PRESS

Japan off to strong start

Uchimura, the defending all-around world champion, led Japan to the early lead in the team standings at the World Gymnastics Championships in Rotterdam.

Mariners replace fired manager

Eric Wedge is the new manager of the Seattle Mariners, charged with rebuilding a franchise coming off its second 101-loss season in the last three years.

The Mariners officially announced Wedge as their seventh manager since 2003 yesterday. He will be formally introduced at a news conference today.

Wedge replaces Don Wakamatsu, who was fired in August with Seattle 28 games under .500 and after less than two seasons of managerial experience.

THE ASSOCIATED PRESS

"With the fan support, the ballpark, the ownership and management, the Mariners are in a great position to be very successful."
ERIC WEDGE

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Orlando $69
Travel Nov 11 - Nov 18/ts + taxes & fees $237

Jamaica $99
Travel Nov 19 - Nov 26/ts + taxes & fees $278

Vancouver one-way $175
Travel Nov 10/ac + taxes & fees $61

New Orleans $194
Travel Nov 3 - Nov 10/ac + taxes & fees $124

Bermuda $198
Travel Nov 10 - Nov 17/ws + taxes & fees $105

Costa Rica $205
Travel Nov 1 - Nov 8/wg + taxes & fees $219

Los Angeles $269
Travel Oct 27 - Nov 3/dl + taxes & fees $143

Rome $469
Travel Dec 1 - Dec 8/af + taxes & fees $380

Buenos Aires $748
Travel Dec 1 - Dec 8/la + taxes & fees $281

Hong Kong $839
Travel Dec 1 - Dec 8/dl + taxes & fees $234

Cape Town $859
Travel Nov 15 - Nov 29/kl + taxes & fees $523

Auckland $1189
Travel Dec 2 - Jan 26/nz + taxes & fees $342

USA

Orlando Family Special Air + 5 Nights ◊ $119
Champions World Resort + taxes & fees $237
INCLUDES central accom close to theme parks with shuttle service. Departs Oct 31/ggv/ts.

Florida Air + 7 day Car $199 + taxes & fees $223
INCLUDES 7-day car rental with unlimited mileage. Departs Oct 31/ggv/wg. UPGRADE from midsize to convertible from $29 per day.

Las Vegas Air + 4 Nights 4-Star $335
Luxor + taxes & fees $247
INCLUDES 4-star accom on the Las Vegas Strip. Departs Nov 7/swg/wg.

California Air + Car $419 + taxes & fees $113
INCLUDES air into San Francisco, return from L.A. and 7-day midside car rental with unlimited mileage. UPGRADE to convertible from $17 per day. Departs Nov 1/ggv/dl. ADD Napa Valley Marriott accom from $71 per night.

Boston Air + 3 Nights 4-Star $469
Royal Soneta Hotel + taxes & fees $153
INCLUDES accom close to downtown. Departs Nov 19/hh/pd.

Phoenix Air + 3 Nights 4-Star $509
Pointe Hilton Tapatio Cliffs + taxes & fees $130
INCLUDES resort-style accom close to championship golfing. Departs Nov 9/ggv/dl.

All-inclusive Vacations

Varadero 7 Nights 4-Star $237
Arenas Doradas + taxes & fees $215
Departs Oct 28/nol/ts. UPGRADE to the 5-star Iberostar Laguna Azul for $46 per night.

Puerto Plata 7 Nights 4-Star $297
Allegro Puerto Plata + taxes & fees $331
Departs Nov 5/nol/c6.

Panama 5 Nights 4-Star $345
Playa Blanca Beach Resort + taxes & fees $245
Departs Oct 27/swg/wg.

Mayan Riviera 7 Nights 4-Star $397
Ocean Maya + taxes & fees $283
Departs Oct 30/nol/ts.

Jamaica 7 Nights 4-Star $487
Holiday Inn Sunspree + taxes & fees $279
Departs Oct 30/nol/ts.

Costa Rica 7 Nights 3-Star $645
Villas Sol Resort + taxes & fees $219
Departs Nov 1/swg/wg. UPGRADE to 4-star Barcelo Langsta Beach for $19 per night.

Curacao 7 Nights 4-Star $877
Breezes Curacao + taxes & fees $193
Departs Nov 14/sqv/qk. UPGRADE to 5-star Renaissance Curacao for $71 per night.

Aruba 7 Nights 4-Star $968
Holiday Inn Sunspree + taxes & fees $250
Departs Nov 21/vat/c6.

Holiday Season Vacations

Las Vegas New Years Air + 5 Nights $799
Excalibur Hotel & Casino + taxes & fees $163
INCLUDES accom on the Las Vegas Strip. Departs Dec 29/wsv/ws.

New York Air + 3 Nights $599
New Yorker Hotel + taxes & fees $122
INCLUDES Manhattan accom. Departs Dec 21/ggv/ac. ADD Top of the Rock observation pass for $21.

Punta Cana 7 Nights 4-Star $857
Sirenis Cocotal + taxes & fees $287
Departs Dec 20/sqv/qk. UPGRADE to 5-star Riu Bambu for $40 per night.

Hawai'i Air + 7 Nights $1009
Ohana Waikiki West + taxes & fees $130
INCLUDES Waikiki accom. Departs Dec 20/ggv/dl. UPGRADE to 4-star accom from $21 per night.

Vacations

Australia Sydney & Brisbane Starter Air + 4 Nights $1399
The Kirketon Hotel Sydney, Watermark Hotel Brisbane + taxes & fees $368
INCLUDES airfare to Brisbane with FREE stopover in Sydney and first 2 night accom in each city. Departs Nov 15/ggv/ua. ADD a tour of the Hunter Valley Wine area from $199.

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NHL

EASTERN CONFERENCE

	GP	W	L	OTL	SL	GF	GA	Pts	Home	Away	Last 10	Strk
d-Toronto	5	4	0	1	0	17	11	9	2-0-1-0	2-0-0-0	4-0-1-0	L1
d-Washington	5	4	1	0	0	17	11	8	3-0-0-0	1-1-0-0	4-1-0-0	W4
d-NY Islanders	6	3	1	1	1	20	17	8	2-0-0-1	1-1-1-0	3-1-1-1	W2
Tampa Bay	5	4	1	0	0	17	18	8	2-0-0-0	2-1-0-0	4-1-0-0	W1
Pittsburgh	7	4	3	0	0	23	16	8	2-3-0-0	2-0-0-0	4-3-0-0	W3
Montreal	5	3	1	1	0	14	13	7	1-0-1-0	2-1-0-0	3-1-1-0	W2
Atlanta	5	3	2	0	0	17	16	6	1-0-0-0	2-2-0-0	3-2-0-0	W2
Philadelphia	5	2	2	1	0	11	14	5	1-2-0-0	1-0-1-0	2-2-1-0	L2
Boston	3	2	1	0	0	9	6	4	0-1-0-0	2-0-0-0	2-1-0-0	W2
Florida	4	2	2	0	0	12	5	4	1-0-0-0	1-2-0-0	2-2-0-0	W2
Carolina	4	2	2	0	0	9	12	4	1-0-0-0	1-2-0-0	2-2-0-0	L2
NY Rangers	4	1	2	1	0	14	16	3	0-1-1-0	1-1-0-0	1-2-1-0	L3
Buffalo	6	1	4	1	0	12	18	3	0-3-1-0	1-1-0-0	1-4-1-0	L5
Ottawa	6	1	4	1	0	12	21	3	1-1-0-0	0-3-1-0	1-4-1-0	L2
New Jersey	6	1	4	1	0	10	21	3	0-3-1-0	1-1-0-0	1-4-1-0	L2

WESTERN CONFERENCE

	GP	W	L	OTL	SL	GF	GA	Pts	Home	Away	Last 10	Strk
d-Dallas	5	4	1	0	0	20	15	8	2-0-0-0	2-1-0-0	4-1-0-0	L1
d-Colorado	6	4	2	0	0	19	19	8	1-0-0-0	3-2-0-0	4-2-0-0	W1
d-Nashville	4	3	0	1	0	13	9	7	2-0-1-0	1-0-0-0	3-0-1-0	L1
Detroit	5	3	1	0	1	14	12	7	1-0-0-1	2-1-0-0	3-1-0-1	W1
Chicago	6	3	2	1	0	20	18	7	1-2-0-0	2-0-1-0	3-2-1-0	W2
Los Angeles	4	3	1	0	0	10	6	6	2-0-0-0	1-1-0-0	3-1-0-0	W2
St. Louis	4	2	1	0	1	12	9	5	2-0-0-0	0-1-0-1	2-1-0-1	L2
Vancouver	5	2	2	0	1	12	12	5	2-0-0-1	0-2-0-0	2-2-0-1	W1
Anaheim	6	2	3	0	1	13	23	5	2-0-0-1	0-3-0-0	2-3-0-1	W1
Edmonton	4	2	2	0	0	12	11	4	2-0-0-0	0-2-0-0	2-2-0-0	L2
Columbus	4	2	2	0	0	10	12	4	1-1-0-0	1-1-0-0	2-2-0-0	W1
Calgary	4	2	2	0	0	8	11	4	2-1-0-0	0-1-0-0	2-2-0-0	W1
San Jose	3	1	1	1	0	7	9	3	1-1-0-0	0-0-1-0	1-1-1-0	L2
Phoenix	4	1	2	1	0	8	10	3	0-1-1-0	1-1-0-0	1-2-1-0	L3
Minnesota	4	1	2	0	1	10	11	3	1-2-0-0	0-0-0-1	1-2-0-1	L1

d — division leaders ranked 1-2-3 regardless of points; a team winning in overtime or shootout is credited with two points and a victory in the W column; the team losing in overtime or shootout receives one point which is registered in the OTL (overtime loss) or SL (shootout loss) column.

Last night's results
N.Y. Islanders 2 Toronto 1 (OT)
Colorado 3 N.Y. Rangers 1
Pittsburgh 5 Ottawa 2
Tampa Bay 5 Dallas 4
St. Louis at Chicago
Sunday's results
Vancouver 5 Carolina 1
Anaheim 3 Phoenix 2
Tonight's games
(All times Eastern)
Boston at Washington, 7 p.m.
Calgary at Nashville, 8 p.m.
Vancouver at Minnesota, 9 p.m.
Carolina at San Jose, 10:30 p.m.

PENGUINS 5, SENATORS 2

First Period
1. Pittsburgh, Letestu 4 (Comrie, Martin) 8:39 (pp)
2. Pittsburgh, Crosby 4 (Goligoski, Malkin) 13:53 (pp)
3. Pittsburgh, Malkin 2 (Comrie, Letestu) 17:02
Penalties — Regin Ott (interference) 2:40, Hutchinson Pgh (cross-checking) 4:55, Ottawa bench (too many men; served by Neil) 7:00, Neil Ott (hooking) 13:00, Neil Ott, Engelland Pgh (fighting) 17:11.
Second Period
4. Ottawa, Alfredsson 1 (Gonchar, Kovalev) 5:40 (pp)
5. Pittsburgh, Dupuis 1 (Lovejoy, Crosby) 10:07
6. Pittsburgh, Letang 1 (Rupp, Adams) 10:32
Penalties — Lovejoy Pgh (cross-checking) 4:07, Hutchinson Pgh (double high-sticking) 19:00.
Third Period
7. Ottawa, Campoli 1 (Spezza, Ruutu) 4:19
Penalties — Gonchar Ott (hooking) 0:31, Neil Ott (double roughing, misconduct), Carkner Ott (holding, fighting), Rupp Pgh (fighting), Lovejoy Pgh (roughing, cross-checking) 8:05.
Shots on goal by

Ottawa	12	11	11	34
Pittsburgh	17	7	5	29

Goal (shots-saves) — Ottawa: Elliott (L,1-2-0)(22-17), Lehner (10:32 second)(7-7); Pittsburgh: B.Johnson (W,4-0-0). **Power plays (goals-chances)** — Ottawa: 1-4; Pittsburgh: 2-4.
Att. — 18,101 (18,087) at Pittsburgh, Pa.

ISLANDERS 2, LEAFS 1 (OT)

First Period
No Scoring.
Penalties — None.
Second Period
1. N.Y. Islanders, Moulson 3 (Tavares, Nielsen) 2:17
Penalties — Beauchemin Tor (tripping) 0:12, Konopka NYI, Brown Tor (fighting) 12:51, Tavares NYI (goaltender interference) 16:19, Versteeg Tor (slashing) 19:44.
Third Period
2. Toronto, Kessel 5 (Phaneuf, Kaberle) 17:55 (pp)
Penalties — MacDonald NYI (holding) 8:08, Wisniewski NYI (cross-checking) 17:20.
Overtime
3. N.Y. Islanders, Tavares 2 (Wisniewski, Parenteau) 3:26 (pp)
Penalty — Lebda Tor (goaltender interference) 3:07.
Shots on goal by

N.Y. Islanders	8	5	6	1—20
Toronto	8	10	12	0—30

Goal — N.Y. Islanders: Roloson (W,2-1-0), Toronto: Giguere (L,3-0-1). **Power plays (goals-chances)** — N.Y. Islanders: 1-3, Toronto: 1-3.
Att. — 19,086 (18,819) at Toronto.

SCORING LEADERS

	G	A	PT
Hossa, Chi	5	4	9
B.Richards, Dal	2	7	9
Ovechkin, Wash	4	4	8
Getzlaf, Ana	2	6	8
Sharp, Chi	5	2	7
D.Sedin, Vcr	4	3	7
Bailey, NYI	3	4	7
Kopecky, Chi	1	6	7
H.Sedin, Vcr	0	7	7
MacArthur, Tor	5	1	6
Roy, Buf	5	1	6
Kessel, Tor	4	2	6
Stamkos, TB	4	2	6
Comeau, NYI	3	3	6
Crosby, Pgh	3	3	6
Goligoski, Pgh	3	3	6
Perry, Ana	3	3	6
Cullen, Minn	2	4	6
Neal, Dal	2	4	6

Not including last night's games

MLB

2010 POST-SEASON

LEAGUE CHAMPIONSHIP SERIES
(BEST-OF-7)
(All times Eastern)
AMERICAN LEAGUE
Texas (W) vs. N.Y. Yankees (WC)
(Series tied 1-1)
Last night's result
Texas at N.Y. Yankees
Tonight's game
Texas (Hunter 13-4) at N.Y. Yankees (Burnett 10-15), 8:07 p.m.
Tomorrow's game
Texas at N.Y. Yankees, 4:07 p.m.
Friday's game
x-N.Y. Yankees at Texas, 8:07 p.m.
Saturday's game
x-N.Y. Yankees at Texas, 8:07 p.m.
NATIONAL LEAGUE
Philadelphia (E) vs. San Francisco (W)
(Series tied 1-1)
Today's game
Philadelphia (Hamels 12-11) at San Francisco (Cain 13-11), 4:19 p.m.
Sunday's result
Philadelphia 6 San Francisco 1
Tomorrow's game
Philadelphia at San Francisco, 7:57 p.m.
Thursday's game
x-Philadelphia at San Francisco, 7:57 p.m.
Saturday's game
x-San Francisco at Philadelphia, 3:57 or 7:57 p.m.
Sunday's game
x-San Francisco at Philadelphia, 7:57 p.m.

LATE SUNDAY

PHILLIES 6, GIANTS 1

San Francisco	ab	r	h	bi	Philadelphia	ab	r	h	bi
ATorrs cf	4	0	0	0	Victorn cf	4	1	2	0
FSnchz 2b	4	0	2	0	Utley 2b	3	2	0	0
A.Huff 1b	4	0	0	0	Polanc 3b	3	1	1	2
Posey c	3	0	0	0	Howard 1b	3	0	2	0
Burrell lf	4	0	0	0	Werth rf	3	1	0	0
C.Ross rf	3	1	1	1	Rollins ss	3	0	2	4
Fontent 3b	2	0	0	0	Ibanez lf	4	0	0	0
SCasill p	0	0	0	0	C.Ruiz c	4	0	0	0
Romo p	0	0	0	0	Oswalt p	3	1	1	0
Ishikaw ph	1	0	1	0	Gload ph	1	0	0	0
Renteri ss	4	0	0	0	Madson p	0	0	0	0
JSnchz p	2	0	0	0					
RRmrz p	0	0	0	0					
Affeldt p	0	0	0	0					
Sandovl 3b	0	0	0	0					
Totals	**31**	**1**	**4**	**1**	**Totals**		**31**	**6**	**8**	**6**

San Francisco	000	010	000	1
Philadelphia	100	010	40x	6

E—Fontenot (1). LOB—San Francisco 7, Philadelphia 8. 2B—Victorino (1), Howard (2), Rollins (1). HR—C.Ross (3). SB—Utley 2 (2), Polanco (1). S—Victorino. SF—Polanco.

	IP	H	R	ER	BB	SO
San Francisco						
J.Sanchez L,0-1	6	5	3	2	3	7
R.Ramirez	1-3	1	2	2	1	0
Affeldt	1-3	0	1	1	1	1
S.Casilla	1-3	1	0	0	0	0
Romo	1	1	0	0	0	1
Philadelphia						
Oswalt W,1-0	8	3	1	1	3	9
Madson	1	1	0	0	1	1

T—3:01. A—46,099 (43,651) at Philadelphia.

TENNIS

ATP IF STOCKHOLM OPEN

At Stockholm, Sweden
Singles
First Round
Stanislas Wawrinka (5), Switzerland, def. Andreas Seppi, Italy, 6-2, 6-2.
Michael Ryderstedt, Sweden, def. Daniel Gimeno-Traver, Spain, 7-6 (3), 6-3.
Jarkko Nieminen, Finland, def. Michael Berrer, Germany, 4-6, 6-1, 6-4.
Doubles — First Round
Eric Butorac, U.S., and Jean-Julien Rojer, Netherlands Antilles, def. Simon Aspelin, Sweden, and Paul Hanley (4), Australia, 7-6 (4), 6-3.

TRANSACTIONS

BASEBALL

MLB
AMERICAN LEAGUE
SEATTLE MARINERS—Named Eric Wedge manager.

NATIONAL LEAGUE
SAN DIEGO PADRES—Named Dave Roberts first-base coach and agreed to terms with him on a one-year contract. Agreed to terms with bench coach Rick Renteria, bullpen coach Darrell Akerfelds, pitching coach Darren Balsley, third-base coach Glenn Hoffman and hitting coach Randy Ready on one-year contract extensions.
ST. LOUIS CARDINALS—Agreed to terms with manager Tony La Russa on a one-year contract.

BASKETBALL

NBA
HOUSTON ROCKETS—Waived G Antonio Anderson, F Mike Harris, F Alexander Johnson and G Jerel McNeal.

FOOTBALL

NFL
DENVER BRONCOS—Placed WR Matthew Willis on injured reserve.
GREEN BAY PACKERS—Placed TE Jermichael Finley on injured reserve.
NEW YORK GIANTS—Released K Shayne Graham. Claimed OT Jamon Meredith off waivers from Detroit.

HOCKEY

NHL
LEAGUE OFFICE—Suspended Phoenix F Shane Doan for three games for delivering an illegal check to the head of Anaheim F Dan Sexton in an Oct. 17 game.
NASHVILLE PREDATORS—Recalled F Nick Spaling from Milwaukee (AHL).
NEW JERSEY DEVILS—Assigned D Alexander Urbom to Albany (AHL). Recalled D Olivier Magnan-Grenier from Albany.

AHL
HAMILTON BULLDOGS—Assigned D Sebastien Bisaillon and D David Urquhart to Wheeling (ECHL).
HARTFORD WOLF PACK—Signed G Dov Grumet-Morris.
NORFOLK ADMIRALS—Assigned G Jaroslav Janus and F Alex Hutchings to Florida (ECHL).
PROVIDENCE BRUINS—Announced G Matt Dalton was reassigned to Reading (ECHL) and G Adam Courchaine was reassigned from Reading to Alaska (ECHL).

NBA

PRE-SEASON

Last night's results
Orlando 102 Atlanta 73
Charlotte 102 Miami 96
New Orleans at Memphis
Oklahoma City at San Antonio
Portland at Golden State
Tonight's games
(All times Eastern)
Philadelphia vs. Cleveland (at Cincinnati), 7 p.m.
Washington vs. Detroit (at Toledo, Ohio), 7 p.m.
New Jersey at New York, 7:30 p.m.
Indiana at Minnesota, 8 p.m.
Oklahoma City at Denver, 9 p.m.
Utah vs. L.A. Lakers (at Anaheim, Calif.), 10 p.m.
Golden State at Phoenix, 10 p.m.
Sacramento at L.A. Clippers, 10:30 p.m.

SOCCER

MLS

EASTERN CONFERENCE

	GP	W	L	T	GF	GA	Pt
x-New York	29	14	9	6	36	29	48
x-Columbus	29	13	8	8	37	33	47
Kansas City	29	10	13	6	32	34	36
Chicago	29	8	12	9	33	37	33
New England	29	9	15	5	32	48	32
Toronto FC	29	8	13	8	30	39	32
Philadelphia	29	8	14	7	34	46	31
D.C. United	29	6	19	4	19	44	22

WESTERN CONFERENCE

	GP	W	L	T	GF	GA	Pt
x-Los Angeles	29	17	7	5	42	25	56
x-Real Salt Lake	29	15	4	10	43	18	55
x-FC Dallas	29	12	3	14	41	26	50
x-Seattle	29	14	9	6	38	33	48
x-Colorado	29	12	8	9	42	30	45
x-San Jose	28	12	9	7	30	29	43
Houston	29	8	15	6	38	48	30
Chivas USA	28	8	16	4	30	38	28

Note: Three points for a win, one for a tie.
x — clinched playoff berth.
Tomorrow's game
(All times Eastern)
Chivas USA at San Jose, 10 p.m.
Thursday's game
New England at New York, 7:30 p.m.
Saturday's game
Seattle at Houston, 8 p.m.
Toronto FC at D.C. United, 7:30 p.m.
San Jose at Kansas City, 8:30 p.m.
Real Salt Lake at Colorado, 9 p.m.
Chicago at Chivas USA, 11 p.m.
Sunday's game
Philadelphia at Columbus, 4 p.m.
FC Dallas at Los Angeles, 8 p.m.

ENGLAND

PREMIER LEAGUE
Yesterday's result
Blackburn 0 Sunderland 0

CFL

WEEK 17

EAST DIVISION

	GP	W	L	T	PF	PA	Pt
y-Montreal	15	11	4	0	477	375	22
x-Hamilton	15	8	7	0	396	369	16
Toronto	15	7	8	0	286	393	14
Winnipeg	15	4	11	0	411	407	8

WEST DIVISION

	GP	W	L	T	PF	PA	Pt
x-Calgary	15	11	4	0	505	367	22
x-Saskatchewan	15	9	6	0	425	403	18
B.C.	15	5	10	0	384	397	10
Edmonton	15	5	10	0	304	477	10

x — clinched playoff berth
y — clinched division.
Friday's games
(All times Eastern)
Montreal at Hamilton, 7 p.m.
B.C. at Calgary, 10 p.m.
Saturday's games
Toronto at Winnipeg, 4 p.m.
Saskatchewan at Edmonton, 7 p.m.

SCORING LEADERS

x - scored two-point convert

	TD	C	FG	S	Pts
Maver, Cal	0	56	30	3	149
McCallum, BC	0	26	35	1	132
Duval, Mtl	0	37	30	4	131
DeAngelis, Ham	0	35	29	3	124
Congi, Sask	0	41	26	2	121
Prefontaine, Edm-Tor	0	25	22	2	93
Cates, Sask	15	0	0	0	90
Shaw, Tor	0	18	19	6	81
T.Edwards, Wpg	12	0	0	0	72
Palardy, Ham-Wpg	0	18	15	7	70
Bryant, Cal	11	0	0	0	66
x-Green, Mtl	10	2	0	0	62
x-Cobb, Ham	9	1	0	0	56
Robertson, BC	9	0	0	0	54
Bruce, Ham	8	0	0	0	48
Serna, Wpg	0	20	8	4	48
x-Richardson, Mtl	7	2	0	0	44
Lewis, Cal	7	0	0	0	42

NFL

AMERICAN CONFERENCE

EAST	W	L	T	Pct	PF	PA
N.Y. Jets	5	1	0	.833	159	101
New England	4	1	0	.800	154	116
Miami	3	2	0	.600	89	112
Buffalo	0	5	0	.000	87	161
SOUTH	**W**	**L**	**T**	**Pct**	**PF**	**PA**
Houston	4	2	0	.667	153	167
Indianapolis	4	2	0	.667	163	125
Jacksonville	3	2	0	.600	107	137
Tennessee	3	2	0	.600	132	95
NORTH	**W**	**L**	**T**	**Pct**	**PF**	**PA**
Pittsburgh	4	1	0	.800	114	60
Baltimore	4	2	0	.667	112	95
Cincinnati	2	3	0	.400	100	102
Cleveland	1	5	0	.167	88	125
WEST	**W**	**L**	**T**	**Pct**	**PF**	**PA**
Kansas City	3	2	0	.600	108	92
Oakland	2	4	0	.333	120	151
Denver	2	4	0	.333	124	140
San Diego	2	4	0	.333	157	126

NATIONAL CONFERENCE

EAST	W	L	T	Pct	PF	PA
N.Y. Giants	4	2	0	.667	134	118
Philadelphia	4	2	0	.667	153	120
Washington	3	3	0	.500	113	119
Dallas	1	4	0	.200	102	111
SOUTH	**W**	**L**	**T**	**Pct**	**PF**	**PA**
Atlanta	4	2	0	.667	130	101
New Orleans	4	2	0	.667	130	108
Tampa Bay	3	2	0	.600	80	111
Carolina	0	5	0	.000	52	110
NORTH	**W**	**L**	**T**	**Pct**	**PF**	**PA**
Chicago	4	2	0	.667	112	97
Green Bay	3	3	0	.500	139	112
Minnesota	2	3	0	.400	87	88
Detroit	1	5	0	.167	146	140
WEST	**W**	**L**	**T**	**Pct**	**PF**	**PA**
Arizona	3	2	0	.600	88	138
Seattle	3	2	0	.600	98	97
St. Louis	3	3	0	.500	103	113
San Francisco	1	5	0	.167	93	139

WEEK SIX

Byes: Arizona, Buffalo, Carolina, Cincinnati
Last night's result
Tennessee at Jacksonville
Sunday's results
Houston 35 Kansas City 31
Indianapolis 27 Washington 24
Miami 23 Green Bay 20 (OT)
Minnesota 24 Dallas 21
New England 23 Baltimore 20 (OT)
New Orleans 31 Tampa Bay 6
N.Y. Giants 28 Detroit 20
N.Y. Jets 24 Denver 20e
Philadelphia 31 Atlanta 17
Pittsburgh 28 Cleveland 10
San Francisco 17 Oakland 9
Seattle 23 Chicago 20
St. Louis 20 San Diego 17

WEEK SEVEN

Byes: Detroit, Houston, Indianapolis, N.Y. Jets
Sunday's games
(All times Eastern)
Buffalo at Baltimore, 1 p.m.
Washington at Chicago, 1 p.m.
Cincinnati at Atlanta, 1 p.m.
Philadelphia at Tennessee, 1 p.m.
Pittsburgh at Miami, 1 p.m.
St. Louis at Tampa Bay, 1 p.m.
Cleveland at New Orleans, 1 p.m.
Jacksonville at Kansas City, 1 p.m.
San Francisco at Carolina, 1 p.m.
Arizona at Seattle, 4:05 p.m.
Oakland at Denver, 4:15 p.m.
New England at San Diego, 4:15 p.m.
Minnesota at Green Bay, 8:20 p.m.
Monday, Oct. 25
N.Y. Giants at Dallas, 8:30 p.m.

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KEELE & LAWRENCE	**2050 Keele St**	Jr 1 Bd from $795	1 Bd from $835	2 Bd from $995	3 Bd from $1200	416-575-4821
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BATHURST & STEELES	**6000 Bathurst**	Bach from $875	1 Bd from $1025	2 Bd from $1150	3 Bd from $1400	416-661-7379 / 416-529-3867	1 month free on select suites
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LAKESHORE & CLARKSON GO STATION	**2150 Bromsgrove**	1 bdrm from $1025	2 bdrm from $1150	416- 529-1761	1 month free on select suites

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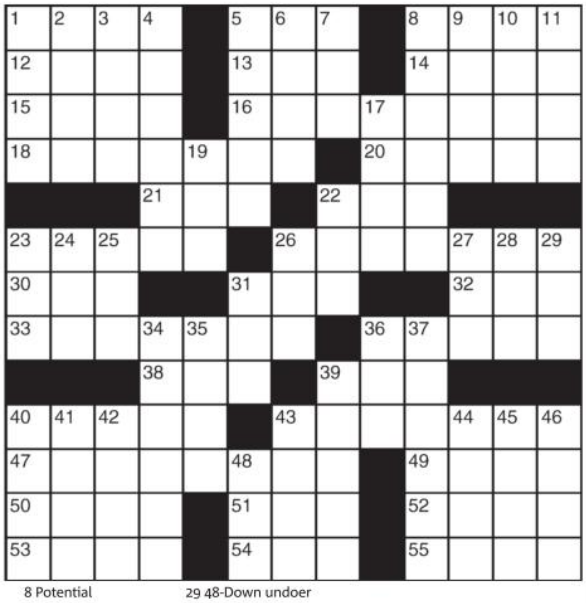
Crossword



Across

1 Make art with acid
5 Tackle the slopes
8 Volcano output
12 Horse's halter?
13 Melody
14 Not "fer"
15 Forever and ever
16 Green banana-like fruit
18 Keep up
20 Spooky
21 Conclusion
22 Sunbathe
23 Mix together
26 It's near the proscenium
30 Aries
31 Transmit quickly
32 — minute
33 Teetotal, e.g.
36 Smooth
38 "La Cage — Folles"
39 Sermon subject
40 With full force
43 Be relevant (to)
47 Peak
49 Gawk at
50 Shed
51 "Of course"
52 Opposite of blanc
53 Probability
54 Before
55 "Zounds!"

Down

1 Rams fans?
2 Quaker's address
3 Swindles
4 Waste no time
5 Flavourful
6 Potter's oven
7 401(k) alternative
8 Potential
9 Culture medium
10 Henry —who wed 11-Down
11 See 10-Down
17 Approach
19 Moreover
22 "Monkey suit"
23 Support at the top?
24 Retriever type, for short
25 Type squares
26 Metal container
27 Have a bug
28 Tattooist's supply
29 48-Down undoer
31 Repair
34 Poisons
35 Family member
36 Round Table address
37 Chant
39 Just know
40 Bullets and such
41 Disposition
42 "— Lang Syne"
43 Harbor structure
44 Wide-eyed
45 Pelvic bones
46 Target of taunts
48 See 29-Down

▶ Yesterday's answer

G	R	A	M	■	S	A	C	■	O	M	E	N		
L	I	R	A	■	U	R	I	■	C	O	V	E		
U	S	E	D	■	B	R	A	C	E	L	E	T		
T	E	A	C	U	P	■	O	I	L	E	R	S		
■	■	■	A	G	O	G	■	D	O	H	■	■		
P	A	M	P	H	L	E	T	■	T	I	N	E		
A	N	A	■	S	A	T	E	D	■	L	E	A		
T	Y	K	E	■	R	O	N	D	E	L	E	T		
■	■	■	E	G	O	■	N	A	A	N	■	■		
A	N	O	R	A	K	■	N	Y	L	O	N	S		
C	O	V	E	R	L	E	T	■	I	D	O	L		
H	I	E	S	■	U	K	E	■	S	O	S	O		
E	R	R	S	■	M	E	D	■	T	R	E	E		

Sudoku

	7	4				6		
			7	1				3
8					4			2
		3	9		1		8	
	8			3			1	
	6		2		5	9		
9			1					5
6				9	3			
		2				4	7	

How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

Yesterday's answer ▶

3	2	9	4	7	8	1	6	5
7	4	6	1	5	2	8	9	3
5	1	8	9	3	6	4	7	2
1	6	2	3	8	9	5	4	7
4	8	3	7	6	5	9	2	1
9	5	7	2	1	4	3	8	6
2	3	1	8	4	7	6	5	9
8	9	5	6	2	1	7	3	4
6	7	4	5	9	3	2	1	8

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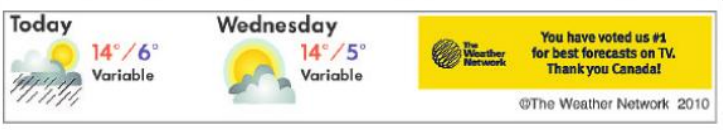
"Pinky pinky pinky, you are khukhu. Only good. No bad. Do what YOU want and don't be a cc."
Stupidely yours, **ODES.**

To my shmee shmee, the love of my life. From the day I saw your picture and said to my self "she is the one", I have never regretted a day or second that has gone by. You are my love, you are my life, you are everything to me and more. I love you and hope you see this when your doing the crossword.
LIL GUY

DON. Good morning my love! I hope you have a wonderful day. Loving you.
V.

Dear Care Bear,
You're the 'conductive system' of my heart, I just hate needing an 'ECG' to read you. Forgive me for the bet,
HEARTFAILURE



Today's horoscope

For today's crossword answers and for expanded horoscopes, go to metronews.ca

♈ Aries March 21-April 20 Other people may seem somewhat evasive today but don't let it worry you because even if they are hiding something from you it won't affect what you are doing.

♉ Taurus April 21-May 21 You need to be 100 per cent honest with yourself today, especially if you have been letting things drift a bit on the work front. There is still time to catch up.

♊ Gemini May 22-June 21 Certain people may be hard to communicate with but don't jump to conclusions and think it's because they don't like you. More likely they have so many other things on their mind that they just don't have time to be sociable.

♋ Cancer June 22-July 22 Only make changes that are absolutely necessary. Things are moving so fast at the moment that any changes you make are likely to be out of date in a matter of days.

♌ Leo July 23-Aug.23 A dream you've been having for many years is close to becoming a reality. All it needs is for you to keep it in your mind at all times and before you know it you will be living it.

♍ Virgo Aug. 24- Sept. 22 You may think you are smart but you could be outdone today by someone who is even more shrewd and calculating than you. Don't just assume you will win — that plays into the hands of your rivals.

♎ Libra Sept. 23-Oct. 23 The only danger today is that you will be a bit too easygoing for your own good. You may be one of the zodiac's nice guys but that does not mean you should leave yourself open to conmen and crooks.

♏ Scorpio Oct. 24-Nov. 22 Today may inspire you to follow your instincts but other aspects warn that even your instincts should be treated with caution.

♐ Sagittarius Nov. 23-Dec. 21 What happens today and tomorrow will invite you to question some of the things you have always taken for granted. Maybe the world isn't such a straightforward place after all.

♑ Capricorn Dec. 22-Jan. 20 If you want to get the best out of life you will have to give your best — and strive to get the best out of the people you work with. The message of the stars today is that you must work hard and play hard.

♒ Aquarius Jan. 21-Feb. 18 It's good to be generous but you should also be aware that the more you give the more some people take. Charity is for those who genuinely cannot help themselves.

♓ Pisces Feb. 19-March 20 Why are you still trying to conform to what other people expect? Set your goals according to what you are trying to achieve, then make the world fit in with your plans. **SALLY BROMPTON**

Caption contest

ITSUO INOUYE/THE ASSOCIATED PRESS

WIN!

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Write a funny caption for the image to the right and send it to play@metronews.ca — the winning caption will be published in tomorrow's Metro.

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Monthly payments and cost of borrowing will also vary depending on amount borrowed and down payment/trade. Taxes are not included for bi-weekly payment. Bi-weekly payments based on a purchase price of $27,495 ($17,495/$29,495 with $0 down payment. ¥Offer applies to the purchase of 2010 Chevrolet Silverado 1500 Ext. Cab 4WD RTH/Silverado 1500 Reg. Cab 2WD RTA/Silverado 1500 Crew Cab 4WD RTA) new Chevrolet Silverado 1500 (1SC, 1SD, 1SE, 1SF, 1SG, 1SH, 1SJ, 1SK, 1SL, 1SM, 1SN, 1SP, 1SR, 1ST, 1SU, 1SV, 1SW, 1SX, 1SY, 1SZ, 1TA, 1TB, 1TC, 1TD, 1TE, 1TF, 1TG, 1TH, 1TJ, 1TK, 1TL, 1TM, 1TN, 1TP, 1TR, 1TS, 1TT, 1TU, 1TV, 1TW, 1TX, 1TY, 1TZ, 1UA, 1UB, 1UC, 1UD, 1UE, 1UF, 1UG, 1UH, 1UJ, 1UK, 1UL, 1UM, 1UN, 1UP, 1UR, 1US, 1UT, 1UU, 1UV, 1UW, 1UX, 1UY, 1UZ, 1VA, 1VB, 1VC, 1VD, 1VE, 1VF, 1VG, 1VH, 1VJ, 1VK, 1VL, 1VM, 1VN, 1VP, 1VR, 1VS, 1VT, 1VU, 1VV, 1VW, 1VX, 1VY, 1VZ, 1WA, 1WB, 1WC, 1WD, 1WE, 1WF, 1WG, 1WH, 1WJ, 1WK, 1WL, 1WM, 1WN, 1WP, 1WR, 1WS, 1WT, 1WU, 1WV, 1WW, 1WX, 1WY, 1WZ, 1XA, 1XB, 1XC, 1XD, 1XE, 1XF, 1XG, 1XH, 1XJ, 1XK, 1XL, 1XM, 1XN, 1XP, 1XR, 1XS, 1XT, 1XU, 1XV, 1XW, 1XX, 1XY, 1XZ, 1YA, 1YB, 1YC, 1YD, 1YE, 1YF, 1YG, 1YH, 1YJ, 1YK, 1YL, 1YM, 1YN, 1YP, 1YR, 1YS, 1YT, 1YU, 1YV, 1YW, 1YX, 1YY, 1YZ, 1ZA, 1ZB, 1ZC, 1ZD, 1ZE, 1ZF, 1ZG, 1ZH, 1ZJ, 1ZK, 1ZL, 1ZM, 1ZN, 1ZP, 1ZR, 1ZS, 1ZT, 1ZU, 1ZV, 1ZW, 1ZX, 1ZY, 1ZZ, 2TA, 2TB, 2TC, 2TD, 2TE, 2TF, 2TG, 2TH, 2TJ, 2TK, 2TL, 2TM, 2TN, 2TP, 2TR, 2TS, 2TT, 2TU, 2TV, 2TW, 2TX, 2TY, 2TZ, 2UA, 2UB, 2UC, 2UD, 2UE, 2UF, 2UG, 2UH, 2UJ, 2UK, 2UL, 2UM, 2UN, 2UP, 2UR, 2US, 2UT, 2UU, 2UV, 2UW, 2UX, 2UY, 2UZ, 2VA, 2VB, 2VC, 2VD, 2VE, 2VF, 2VG, 2VH, 2VJ, 2VK, 2VL, 2VM, 2VN, 2VP, 2VR, 2VS, 2VT, 2VU, 2VV, 2VW, 2VX, 2VY, 2VZ, 2WA, 2WB, 2WC, 2WD, 2WE, 2WF, 2WG, 2WH, 2WJ, 2WK, 2WL, 2WM, 2WN, 2WP, 2WR, 2WS, 2WT, 2WU, 2WV, 2WW, 2WX, 2WY, 2WZ, 2XA, 2XB, 2XC, 2XD, 2XE, 2XF, 2XG, 2XH, 2XJ, 2XK, 2XL, 2XM, 2XN, 2XP, 2XR, 2XS, 2XT, 2XU, 2XV, 2XW, 2XX, 2XY, 2XZ, 2YA, 2YB, 2YC, 2YD, 2YE, 2YF, 2YG, 2YH, 2YJ, 2YK, 2YL, 2YM, 2YN, 2YP, 2YR, 2YS, 2YT, 2YU, 2YV, 2YW, 2YX, 2YY, 2YZ, 2ZA, 2ZB, 2ZC, 2ZD, 2ZE, 2ZF, 2ZG, 2ZH, 2ZJ, 2ZK, 2ZL, 2ZM, 2ZN, 2ZP, 2ZR, 2ZS, 2ZT, 2ZU, 2ZV, 2ZW, 2ZX, 2ZY, 2ZZ, 3TA, 3TB, 3TC, 3TD, 3TE, 3TF, 3TG, 3TH, 3TJ, 3TK, 3TL, 3TM, 3TN, 3TP, 3TR, 3TS, 3TT, 3TU, 3TV, 3TW, 3TX, 3TY, 3TZ, 3UA, 3UB, 3UC, 3UD, 3UE, 3UF, 3UG, 3UH, 3UJ, 3UK, 3UL, 3UM, 3UN, 3UP, 3UR, 3US, 3UT, 3UU, 3UV, 3UW, 3UX, 3UY, 3UZ, 3VA, 3VB, 3VC, 3VD, 3VE, 3VF, 3VG, 3VH, 3VJ, 3VK, 3VL, 3VM, 3VN, 3VP, 3VR, 3VS, 3VT, 3VU, 3VV, 3VW, 3VX, 3VY, 3VZ, 3WA, 3WB, 3WC, 3WD, 3WE, 3WF, 3WG, 3WH, 3WJ, 3WK, 3WL, 3WM, 3WN, 3WP, 3WR, 3WS, 3WT, 3WU, 3WV, 3WW, 3WX, 3WY, 3WZ, 3XA, 3XB, 3XC, 3XD, 3XE, 3XF, 3XG, 3XH, 3XJ, 3XK, 3XL, 3XM, 3XN, 3XP, 3XR, 3XS, 3XT, 3XU, 3XV, 3XW, 3XX, 3XY, 3XZ, 3YA, 3YB, 3YC, 3YD, 3YE, 3YF, 3YG, 3YH, 3YJ, 3YK, 3YL, 3YM, 3YN, 3YP, 3YR, 3YS, 3YT, 3YU, 3YV, 3YW, 3YX, 3YY, 3YZ, 3ZA, 3ZB, 3ZC, 3ZD, 3ZE, 3ZF, 3ZG, 3ZH, 3ZJ, 3ZK, 3ZL, 3ZM, 3ZN, 3ZP, 3ZR, 3ZS, 3ZT, 3ZU, 3ZV, 3ZW, 3ZX, 3ZY, 3ZZ, 4TA, 4TB, 4TC, 4TD, 4TE, 4TF, 4TG, 4TH, 4TJ, 4TK, 4TL, 4TM, 4TN, 4TP, 4TR, 4TS, 4TT, 4TU, 4TV, 4TW, 4TX, 4TY, 4TZ, 4UA, 4UB, 4UC, 4UD, 4UE, 4UF, 4UG, 4UH, 4UJ, 4UK, 4UL, 4UM, 4UN, 4UP, 4UR, 4US, 4UT, 4UU, 4UV, 4UW, 4UX, 4UY, 4UZ, 4VA, 4VB, 4VC, 4VD, 4VE, 4VF, 4VG, 4VH, 4VJ, 4VK, 4VL, 4VM, 4VN, 4VP, 4VR, 4VS, 4VT, 4VU, 4VV, 4VW, 4VX, 4VY, 4VZ, 4WA, 4WB, 4WC, 4WD, 4WE, 4WF, 4WG, 4WH, 4WJ, 4WK, 4WL, 4WM, 4WN, 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